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THE GOOD, THE BAD, AND THE 'F' WORD: OUR SPECIAL FEATURE EXAMINES A YOUTH EMPOWERMENT PROGRAM, PERSISTENT VIOLENCE AGAINST WOMEN, AND FEMINISM FOR OUR TIMES

PAGES 14-16

Mayor Jim Watson takes questions from reporters in front of two Claude Lauzon-owned buildings on Beechwood Avenue Thursday. ALEX BOUTILIER/METRO

Developer threatens defamation lawsuit against city councillors

Claude Lauzon Group. Watson calls 'legal intimidation' unacceptable, councillors stand by comments

ALEX BOUTILIER
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Two Ottawa city councillors are sticking by their comments in the face of threats of defamation lawsuits from a building owner.

Claude Lauzon Group is threatening legal action after comments made by Coun. Mathieu Fleury (Rideau-Vanier) and Coun. Peter Hume (Altavista) about a crumbling heritage building Lauzon owns at the corner of Dalhousie and Cumberland streets.

In a letter to Fleury, Lauzon's lawyer Charles Gibson demanded a full retraction of comments the councillor made to Le Droit and CBC, saying he made them in "bad faith and maliciously."

No retraction

"I won't back away from what I said. And defend (the comments) vigorously."
Coun. Peter Hume

The letter says Lauzon "did not break any law with respect to his obligations to this building."

In response to the letter, Mayor Jim Watson scheduled a press conference in front of two Lauzon-owned buildings on Beechwood Avenue.

"The city will not be intimidated by legal tactics by derelict-property owners," Watson, flanked by Hume and Fleury, told reporters.

"No one wants a building on their street that is an eyesore detracting from their own property value or business potential. That needs to be said, and none of us are afraid to say it. Any attempt at intimidation will not succeed."

Watson said the issue isn't limited to one property owner or one area of the city. But he said his office has instructed city staff to enforce existing property bylaw standards "to the greatest extent."

Calls to both Claude Lauzon and his lawyer were not returned as of press time.

In addition to enforcing existing property bylaws, city staff have been asked to prepare a report on potential future measures against owners of derelict buildings.

Ravens set for victory

Carleton's men's basketball team top-seeded going into national tournament PAGE 4

Mind reading

Mentalist's act makes you believe he's really psychic. Is he? Nah, he just took some psych. classes PAGE 7

What's so funny, funnyman?

Comic actor Steve Carell on his all-time favourite laugh-out-loud films PAGE 22

Portrait of Dr. Mirage as a young woman

You're not seeing things. Dr. Fong debuts in Shadowman No. 5, talking to spirits and solving crimes. The bodysuit helps her think, we're guessing PAGE 26

Brynn McLennan is seen here in this 2012 portrait by Ottawa photographer Michelle Valberg. CONTRIBUTED/MICHELLE VALBERG

Leaving Canada for care

Muscular dystrophy sufferer. Ottawa woman heads south for unproven stem-cell treatment

ALEX BOUTILIER
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When Brynn McLennan was diagnosed with muscular dystrophy at age 12, she was told she would need to be fitted for a wheelchair by age 16.

Today, at age 28, McLennan is still standing — and she attributes this fact to a number of alternative medical treatments, including, most recently, stem-cell therapy.

McLennan, a Barrhaven resident, has Facioscapulohumeral MD, a strain of muscular dystrophy that affects the skeletal muscles around the face, shoulder and arms. She has been flying to a private clinic in Miami for stem-cell therapy — which has not yet begun clinical trials in Canada.

She's undergone five treatments so far. Stem cells are removed from her own body, put through a purification process, and re-injected.

A core group of six people have come together to help raise $65,000 for her. The treatments, at a cost of $10,000 each, have worked, as far as she's concerned.

"I started to notice some thickness in my legs, like muscle mass, on the inside of my legs and on my lower back," Mclennan said. "Very minor to the naked eye, but for me it's big, it feels big. I feel sturdy and balanced."

The ultimate goal is to attempt to rebuild some the muscle lost to the disease.

But there's no clinical proof that the treatment works, according to Dr. Michael Rudniki of the University of Ottawa, an expert on stem-cell research.

"There's a need to be cautious about going to clinics where they're not publishing research and are not part of a clinical trial," said Rudniki. "There's overall a long history of these kinds of clinics exploiting patients."

McLennan acknowledged the point, but said she refused to wait years for clinical trials to come to Canada.

"If I make that happen faster and I can get some results, great," she said. "And if it ends up being that it doesn't — which is not how I feel because of the improvements that I had — well, it was just me trying to take control of my own health ... and not let the disability or the disease take over."

The next fundraiser for McLennan's treatment, a spring social at the Algonquin College's Restaurant International, will be held on Wednesday, April 17.

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Philip Scrubb, a 20-year-old guard for the Ravens, took home the Mike Moser Memorial Trophy, awarded annually to most outstanding male player in CIS basketball, for the second year in a row. Carleton, the top seed in this weekend's CIS final-eight tournament at Scotiabank Place, is well-positioned to win a ninth title in 11 years. GRAHAM LANKTREE/METRO

Carleton hoopsters prepare to seek yet another championship

Great record. Carleton is the top seeded team entering the tournament, having won 19 out of 20 games

GRAHAM LANKTREE
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The Carleton Ravens men's basketball team is poised to sweep the Canadian Interuniversity Sport tournament days after their top player was named the most outstanding in the league for the second year in a row.

"I think the only reason I've got it is because of the team's success," 20-year-old Philip Scrubb said of winning the Mike Moser Memorial Trophy. "We've only lost one game this year."

Carleton is the top-seeded team entering the tournament, having won 19 of 20 games. In 2012 the team won the CIS men's final eight for the eight time in 10 seasons. They beat the Alberta Golden Bears 86 to 67 in the final game.

Quoted

"There are people who know Carleton now because of the success of the team."

Bob Rumscheidt, manager of interuniversity programs

"We've got three tough games. I hope we can manage to win them all," said Scrubb, a six-foot-three guard, as the team practised at Scotiabank Place Thursday afternoon. "I'm trying to focus on my defence and rebounding. That's something I find that I'm not as good at this year."

The University of Ottawa's Gee Gees are also in the running in 2013 after not making it to the finals for the past four years.

"There are people who know Carleton now because of the success of the team," said Bob Rumscheidt, manager of interuniversity programs for Carleton, of the team's success. "But it's a tough draw, the other teams are only getting better."

Not only did Scrubb bring home an award, but the team's coach, Dave Smart, won the Stuart W. Aberdeen Memorial Trophy as the CIS coach of the year, making him the first person to receive the honour three times in succession.

"Just be confident and make easy plays," said Scrubb of the team's strategy for the tournament. "I think the team is pretty excited."

The CIS men's final-eight basketball championship tournament starts Friday at Scotiabank Place.

Powerful teams

Superheroes celebrate International Women's Day

Ottawa-based community organizations are assembling a super-powered team to celebrate International Women's Day on Friday.

Femicon, the fifth annual International Women's Day celebration put on by the organizations, aims to highlight local, national and international women's rights issues — while having a bit of fun with a superhero theme.

"We're going to have a panel of superheroes answering questions about the feminist year in review, we're making a short movie where we ask people what kind of superhero they would be and what they would keep in their cape," said Kate McInturff with the Canadian Centre for Policy Alternatives.

Nadine Thornhill of Insight Theatre will host the panel, featuring Maria-Helena Pacelli (Ottawa ReBELLEs), Robert Fox (Oxfam Canada), McInturff, Corinne Mason (WAM Ottawa) and Polly Leonard (Radical Handmaids).

The event, held at the Library and Archives Canada auditorium, will also feature the fifth annual Femmy Awards, recognizing local activists, as well as a DJ and cash bar.

Doors open at 6 p.m. at 395 Wellington St. and admission is free.

ALEX BOUTILIER/METRO

On the web

For more local news go to metronews.ca

Age not a factor in helping others: Award winners

Recipients of the 2012 Community Builder Award Bessie Zhang, 18, and Hannah Hempinstall, 14. They are among 49 people who had their names inscribed in the Scotiabank Wall of Inspiration at city hall on Thursday. JOE LOFARO/METRO

The names of 49 community builders were unveiled on the Scotiabank Wall of Inspiration Thursday at city hall including the names of two local teens who proudly said it doesn't matter how old you are if you want to make a difference in the lives of others.

Hannah Hempinstall, 14, and Bessie Zhang, 18, were both surprised with 2012 Community Builder Awards for their volunteer efforts in their communities.

Combining her passion for dance and love of her best friend, Emma, who was diagnosed with diabetes, Hempinstall launched the Dance for Diabetes fundraiser at her elementary school.

She contacted the Juvenile Diabetes Research Foundation and handed out pledges to students who, instead of doing a regular gym class, would dance together as a group for a good cause. She brought the fundraiser to her middle school and high school and since 2008 she has helped raise more than $30,000.

"I'm proud to be part of this group of people," said Hempinstall at the unveiling, adding that she hopes other people her age will be inspired to help others in their communities. "Age never mattered. If you're passionate about something, do it."

The same goes for Zhang, who since 2011 has devoted her time at the Boys and Girls Club of Ottawa to create a music writing class and a Spanish-language summer camp program for youth.

"It's really a huge honour. I do what I do because I love it," said Zhang, who was surprised with a CBA in February 2012.

"I think many people don't think because of their age they can accomplish things for their community when, really, that's not the case at all. I hope that this can make others realize that it really doesn't matter how old you are."

JOE LOFARO/METRO

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Conservative conference.
Ron Paul, John Howard join gathering in Ottawa

Ron Paul DAVID J. PHILLIP/ THE ASSOCIATED PRESS FILE

Libertarian and Tea Party icon Ron Paul is in Ottawa Friday to share his small-government advice as Canadian conservatives flock to the Manning Centre's networking conference.

"Ron Paul is one of the most interesting and unusual politicians in the states right now," said Olivier Ballou, director of communications for the think tank. "What has been interesting is how he and many American conservatives are now pointing to Canada's fiscal responsibility."

Paul, 77, a trained physician who developed the largest youth following by far in the last Republican primaries, Ballou said, will offer up his ideas in a talk Friday on limited government and how Canada's conservatives could take a page from similarly minded politicians south of the border.

Canadian health care is on the agenda, specifically "if and when and how this health-care monopoly is going to be ended," said Ballou.

Dr. Brian Day, founder of Vancouver's for-profit Cambie Surgery Centre, will discuss the court's role in the changing health-care landscape.

With many panellists coming from outside Ontario, alternative funding options used in other parts of the world will be discussed.

"In Quebec there is a greater openness to explore new options in financing health care," said Ballou. "Switzerland might be an interesting model to follow."

Last year's gathering brought together some 700 attendees. Preston Manning, the conference's namesake and former leader of the Reform Party of Canada, will be speaking along with former Australian conservative Prime Minister John Howard.

GRAHAM LANKTREE/METRO

Dance in summer at Snowsuit's EDM bash

The Snowsuit Fund spokespeople Shaun Denis and Fiorella DiNardo pose for a photo at an announcement Thursday of their new fundraiser, the Bash En Blanc: A White Night Out — a June 21 electronic dance music event aimed at Ottawa's younger set, with a decidedly summertime feel in support of a wintery good cause. For more info on the bash go to metronews.ca and snowsuitfund.com for tickets. JOE LOFARO/METRO

Gatineau

Teen beaten with a bat, police say

Gatineau police are investigating after a 19-year-old man was beaten with a baseball bat in a backyard near Cavalière Street Wednesday night. He suffered multiple fractures and lacerations and was sent to hospital. Police say they do not fear for the victim's life as a result of the injuries he sustained. A motive for the attack is not yet known. JOE LOFARO/METRO

Taxi getaway

Pharmacy thief behind bars

A thief who arrived at a Carling Avenue pharmacy by taxi, robbed the store and then made off in the ride has been jailed, police said Thursday. Melissa Labranche, 26, is charged with robbery, wearing a disguise, two counts of breach of undertaking and breach of probation.

GRAHAM LANKTREE/METRO

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March Break Service

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With schools closed and many people on holidays during March Break, which results in a lower demand for service, a reduced weekday schedule will operate.

Bus arrival times will be adjusted slightly on most routes compared to the usual weekday schedule. During rush hours, most routes will have one or two fewer trips. All school routes numbered in the **600s** and special school trips on regular routes will **not** operate.

The O-Train schedule and service to post-secondary institutions will be unchanged.

March Break schedules are available at **octranspo.com**. Find out when your bus will arrive by calling **613-560-1000** or **texting 560560** *plus* your 4-digit bus stop number.

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SEAN MCKIBBON
sean.mckibbon@metronews.ca

The most amazing magic trick Jaymes White performs doesn't involve black boxes, lions jumping through flaming hoops or silk top hats with bunnies.

His most amazing magic is all in your head.

"Essentially I'm a mind reader, a mentalist, only I don't tell people I'm psychic, I'm only giving the illusion that I can read your mind," says the 25-year-old Carleton University psychology grad turned magician on a visit to Metro ahead of an already sold-out Saturday show at the Arts Court entitled Paradox.

White says he started practising magic as a kid, teaching himself from books, but wasn't really confident enough to perform for large audiences until he hit university. It's at university where he says he also got the fuel for more magic tricks from his psychology classes.

"In class we'd talk about a concept and I'd start thinking about how I could use that in my act," White says.

His idols are Kreskin and Derren Brown, practitioners of "cold reading," hypnosis and other mentalist tools of the trade, and like them White says he's spent years studying the way people's minds work, the assumptions they make and statistics about how they're likely to respond to questions after subtle prompts. The result, he claims, is that he can do things such as ask two apparently random people to say a seemingly random number and end up with both telling him the same number.

To demonstrate his skills he asks me to write down the name of someone special on a business card and fold it up. I do. A few questions later, some funny facial expressions and the next thing I know he's telling me the name of my son.

The doors to White's show open at 7:30 p.m., the show starts at 8 p.m. If you didn't manage to get a ticket to his show he's planning a cross Canada tour.

Jaymes White, mentalist. SEAN MCKIBBON/METRO

Venture forth to the Travel and Vacation Show

Visitors to the 2011 Travel and Vacation Show peruse exhibits at the Aberdeen Pavilion. This year it is being held at the Ottawa Convention Centre. CONTRIBUTED

Nowadays the longest trips begin not with a first step, but sitting at home staring blearily into a computer screen looking for deals.

Not nearly as much fun as actually going somewhere and discovering something new and unexpected, the way you might if you were to actually bravely venture forth out of your house and perhaps travel to the Travel and Vacation Show at the Ottawa Convention Centre this Saturday and Sunday.

"I think the Internet is good but at the show all your questions will be answered and you can compare, and you may find you end up somewhere unexpected that you never even heard of before," says Halina Player, who organizes the vacation show.

There will be 50 different countries at the show as well as U.S. destinations and Canadian spots, including a whole seminar about travel to Canada's arctic.

"People are very attracted by wilderness, by new places they have not seen before," says Player. "People are much more curious than they used to be."

Those with a culinary curiosity will also be pleasantly surprised by the show, says Player, touting four guest chefs who will transport travel show visitors to far flung locales through their taste buds. "We have four guest chefs from Instabul, Newfoundland and Prince Edward Island, and a chef from Aruba," she said, of chefs Gencay Ucok from Turkey, Todd Perrin from St. John's, Gordon Bailey of P.E.I. and Matt Boland of the Westin Hotel Aruba. SEAN MCKIBBON/METRO

Show info

Tickets to the show are $10 each. For more details go to travelandvacationshow.ca.

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Dementia. Pierre Trudeau chose to die earlier rather than lose his mind: Book

Pierre Trudeau's guiding motto in politics was "reason over passion." In the end, it seems, he chose reason over life.

A newly released ebook from the Ottawa bureau chief for the Huffington Post reveals Trudeau refused treatment for advanced prostate cancer rather than lose his famously sharp mind to dementia.

Justin Trudeau himself does not dispute the account by Althia Raj in Contender: The Justin Trudeau Story, which suggests his father made the decision about six months prior to his death in September 2000.

Pierre Trudeau THE CANADIAN PRESS

"It was fairly clear that he was very much at peace with the end of his life approaching," he said. **THE CANADIAN PRESS**

Journalist killed

Supreme Court to weigh suing Iran

The Supreme Court of Canada will decide whether the son of the murdered Canadian photojournalist Zahra Kazemi can sue the Iranian government.

The high court has agreed to hear an appeal from Kazemi's son Stephan Hashemi, who argues he has the right to sue the Iranian government for allegedly killing his mother and failing to return her body.

In 2003, Kazemi was taking pictures of protesters in Tehran. She was detained, tortured and raped in prison. **THE CANADIAN PRESS**

Justice system thoroughly failing aboriginals: Report

Correctional investigator Howard Sapers speaks on the findings of a special justice-system report tabled in Parliament. SEAN KILPATRICK/THE CANADIAN PRESS

Quarter of all prisoners. Transfer provisions for aboriginals rarely used

Aboriginal offenders make up one quarter of Canada's prison population and are being left behind bars far longer than non-aboriginals, says a special report from the country's correctional investigator.

The report by Howard Sapers, tabled Thursday in the House of Commons, chastises the government not only for how it deals with aboriginals behind bars but also for failing to keep them out of jail.

'Racist'

"This is an appalling example of the discrimination against indigenous people in this country."

Josh Paterson, director of the BC Civil Liberties Association

Aboriginal-specific provisions in the justice system are chronically underfunded, says the report. It's a problem that's been ignored and allowed to worsen ever since the Corrections and Conditional Release Act of 1992, said Sapers.

Sections 81 and 84 of the law allow the public safety minister to transfer aboriginal inmates to community facilities and to so-called healing lodges, but that power is not being properly used, the report concludes.

The landmark report found that just four agreements have been reached between the federal government and aboriginal communities to allow for Section 81 transfer of inmates.

Healing lodges receive only a fraction of the funding made available to similar facilities.

Justice Minister Rob Nicholson responded by saying the government has bolstered spending on anti-crime programs, including the Northern Aboriginal Crime Prevention Fund. **THE CANADIAN PRESS**

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Public-sector watchdog

Border guard mixed with mob

A Canadian border guard had known ties to organized crime, protected his underworld associates and used his own position to evade the law, an investigation by the federal public-sector watchdog has found.

The guard's relationship with organized crime dates back to before he joined the Canada Border Services Agency, an association his supervisors have known about for at least four years, public-sector integrity commissioner Mario Dion reported Thursday.

But it took someone blowing the whistle to Dion's office last year before CBSA launched an internal investigation, which ultimately led to the officer being fired.

The guard had been warned in the past about maintaining his connections to the criminal underworld, but didn't change his behaviour, Dion said in an interview after his report was tabled in the House of Commons. THE CANADIAN PRESS

Polar-bear trade ban voted down

Endangered status.
Inuit claim the ban would have threatened their way of life

A proposal by the United States to ban cross-border trade in polar bears and their parts was defeated Thursday at an international meeting of conservationists, marking a victory for Canada's indigenous Inuit people over their big neighbour to the south.

Delegates at the triennial meeting of the Convention on International Trade in Endangered Species, or CITES, rejected Washington's proposal to change the status of the polar bear from a species whose trade is merely regulated, not banned.

The proposal fell far short of the two-thirds needed to pass, garnering 38 votes in favour, 42 against and 46 abstentions. A similar proposal was defeated three years ago at the last CITES meeting.

While support for most of the meeting's 70 proposals covering the trade in other species fell along predictable lines, the U.S. proposal made for some odd bedfellows. Russia endorsed Washington's proposal, which was also supported by a cluster of animal humane societies. Canada was joined in opposition by some of the larger conservation organizations, including the CITES Secretariat and the Wildlife Trade Monitoring Network, better known as TRAFFIC.

The United States had contended that climate change was dangerously shrinking the bears' habitat, and that pre-emptive measures were needed to save them.

The Inuit contended that polar bear populations were not declining, and that Canada was regulating the hunting of the bears in sustainable numbers. The tribal group said their livelihoods would be threatened by a ban.

THE ASSOCIATED PRESS

A wildlife organization representative stands with a stuffed polar bear before voting on a U.S. proposal to change the status of the polar bear to a species — whose trade is banned — at the Convention on International Trade in Endangered Species in Bangkok on Thursday. SAKCHAI LALIT/THE ASSOCIATED PRESS

Bear market

28,000

The global population of polar bears is estimated to be 20,000-28,000, with about two-thirds in Canada.

Northern reaction

A victory for the Inuit

Inuit hunters are celebrating the defeat of a proposal that would have forbidden the cross-border trade in polar bear parts.

But both Inuit leaders and scientists say the fight isn't over and the issue is likely to resurface.

Bear expert Andrew Derocher says Canada can buy itself time by ensuring its bear management includes the latest environmental information, including assessments of shrinking sea ice.

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Venezuela

Chavez's body to be embalmed

Venezuela's acting president says Hugo Chavez's embalmed body will be permanently displayed in a glass casket so that "his people will always have him." Vice-President Nicolas Maduro says the remains will be put on permanent display at the Museum of the Revolution, close to the presidential palace. THE ASSOCIATED PRESS

North Korea

U.S. prepared for nuclear attack

The U.S. is fully capable of defending itself against a North Korean ballistic missile attack, the White House said Thursday, after Pyongyang threatened a pre-emptive nuclear strike on the U.S. The threat came ahead of a vote in the UN Security Council approving its toughest sanctions yet on North Korea in response to an atomic test last month. THE ASSOCIATED PRESS

Too close to call in Kenya

A supporter of the Coalition for Reforms and Democracy (CORD) listens to the results of Kenya's election on his radio in Nairobi, Kenya, Thursday. Kenya's presidential race tightened as new results pushed the leading candidate below the crucial 50 per cent mark needed to win outright. A final result was expected Friday, but the close race and a troubled vote count are sparking fears of the kind of violence that ripped through the country after its last national election.

SAYYID AZIM/THE ASSOCIATED PRESS

UN peacekeepers abducted by rebels appear in videos

Golan Heights. UN troops say they're safe, but incident likely to heighten Israeli jitters about Syrian civil war

Free Syrian Army fighters stand next to UN Disengagement Observer vehicles near Golan Heights in Daraa, Syria. THE ASSOCIATED PRESS

Several United Nations peacekeepers who were abducted by Syrian rebels said in videos posted online Thursday that they are safe and being treated well, even as activists reported clashes and shelling in the tense border area with Israel where the Filipino troops were being held.

Opposition fighters detained 21 peacekeepers near the village of Jamlah in the Golan Heights on Wednesday — the first time UN troops have encountered trouble since they began patrolling an Israeli-Syrian armistice line dividing the plateau nearly 40 years ago, said Timor Goksel, a Beirut-based former UN official in the region.

One of the videos posted online shows three men dressed in camouflage and blue bulletproof vests emblazoned with the UN and Philippines. "We, the UN personnel here, are safe, and the Free Syrian Army are treating us good," one of them says in English. "We cannot go home because the government of (President Bashar) Assad do not stop the bombing. To our family, we hope to see you soon and we are OK here."

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Bolshoi soloist Pavel Dmitrichenko listens in a courtroom in Moscow on Thursday. The star dancer accused of masterminding the attack on the Bolshoi ballet chief acknowledged Thursday that he gave the go-ahead for the attack, but said he did not order anyone to throw acid on Sergei Filin's face. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Bolshoi dancer says he backed beating, but not acid attack

Moscow. If convicted, Pavel Dmitrichenko faces up to 12 years in jail

Pale and haggard after hours of questioning, a leading Bolshoi dancer told a Moscow court that he gave his blessing to an attack on the ballet's artistic director but never imagined that the assailant would go as far as to throw acid in his face.

The arrest and confessions of Pavel Dmitrichenko, who danced the parts of both heroes and villains in the Bolshoi's famed classical ballets, have dealt a painful blow to the theatre's reputation and left many members of the company bewildered and incredulous.

Sergei Filin, 42, suffered severe burns to his face and eyes in the Jan. 17 attack. He has undergone a series of operations aimed at saving his sight.

The 29-year-old Dmitrichenko said his conflict with Filin was focused on the distribution of salaries and other financial issues.

Why?

Speculation has been rife about other possible motives for the attack. Some claimed that the dancer wanted to take revenge for his ballerina girlfriend after she was turned down for a major role, while others pondered conspiracy theories alleging the involvement of other top figures in the theatre.

Facing the judge on Thursday, Dmitrichenko said he had told the suspected perpetrator of the attack about his grievances concerning the Bolshoi and his arguments with Filin.

"I told Yuri Zarutsky about the policies of the Bolshoi Theater, about the bad things going on, the corruption. When he said, 'OK, let me beat him up, hit him upside the head,' I agreed, but that is all that I admit to doing," Dmitrichenko said in court. "It's not true that I ordered him to throw acid at Filin."

THE ASSOCIATED PRESS

Medical examiner

Pics of unidentified bodies posted on Chicago website

In a controversial decision, the Cook County Medical Examiner's Office in Chicago has begun posting photos of unclaimed dead bodies on its website.

The hope is that this will lead to the identification of the bodies, and in turn, result in closure for the families.

The site was launched on Wednesday.

Medical examiner Steve Cina says that though some of the images may be graphic, he believes it's a worthwhile practice, even if some people find the methods disturbing.

The website carries a disclaimer that there could be graphic images, some displaying bodies in a somewhat decomposed state. Only a few images display the faces of the dead. TORSTAR NEWS SERVICE

Italy

Berlusconi convicted in wiretap case

Former Italian prime minister Silvio Berlusconi was convicted Thursday over the illegal publication in a newspaper owned by his media empire of wiretapped conversations related to a bank-takeover attempt.

A Milan court found Berlusconi guilty of breach of confidentiality and sentenced him to one year in jail, though it did not issue an order on carrying out the sentence. In Italy, it is rare for anyone to be put behind bars pending a possible appeal except in the case of very serious crimes like murder.

The verdict comes after February national elections failed to elect a clear winner. Berlusconi's centre-right coalition finished second.

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We've made enormous strides in creating a Canada that honours, respects and supports women. That said, not all the battles have been won. Equal pay for work of equal value is not a universal truth, women are still not equally represented in business and politics and UN Women describes violence against women around the globe as a hidden epidemic. Today is International Women's Day, a day to celebrate women's achievements and a day to join millions of people around the world working to make good on a simple promise: a future for women and girls that is safe, healthy and rewarding.

Go Girls actively nurtures confidence and leadership

Mentorship program. Canada-wide Big Sisters after-school program teaches girls not to be afraid of who they are

JENNIFER MELO
For Metro

Something cool happens after school in Toronto and its inner suburbs. Girls join forces to encourage health, self-esteem, confidence and leadership.

Go Girls! Healthy Bodies, Healthy Minds is a group-mentoring program that unites Big Sisters of Toronto and girls, ages 10 to 14. Once a shy newcomer to Go Girls, Grade 7 student Sadhaf, 12, is now a junior mentor in the program and advises Grade 6 girls in sessions. Get ready for some girl talk with Sadhaf and Big Sister mentor Monica Scanlan, 23.

Monica Scanlan, left, and Sadhaf want all women to feel proud on International Women's Day. JENNIFER MELO/FOR METRO

Sadhaf and Monica strike a tree lotus pose. JENNIFER MELO/FOR METRO

What's your wish for International Women's Day?

S: In every country, for a girl to have a chance to do what they want to do. Girls should try out something new, even if it's different. Even if anyone thinks it's weird. They should try and do what they think is best.
M: For any girl, all over the world, to be able to be proud in the person they are and be proud of being a woman. And being able to love themselves ... being able to not criticize themselves for a day and just focusing on the things they have to be proud of.

How can girls and women support one another?

M: Embrace one another's differences. Avoid competition and comparing ourselves to one another. You should be working together as a team and rooting for one another — taking joy in another woman's success, as opposed to being jealous or bitter about it.

What's the value of having a female mentor?

S: If it's a girl, then they'll understand more of your questions. She'll probably give out more advice.
M: A female role model is someone that you can probably more easily relate to and can aspire to be like.

What makes Go Girls special?

S: It teaches girls to always be themselves, to gain confidence and not to be scared of who they are.

What lessons did you learn from the program?

S: I learned how to receive a girl's heart. I learned how to gain their friendship.
M: Every girl has something so unique to offer. And they bring something valuable to the group environment and to their friendships.

TO LEARN MORE ABOUT THE CANADA-WIDE GO GIRLS PROGRAM, TO SIGN UP AS A MENTOR OR OFFER SPONSORSHIP, SEARCH GO GIRLS AT BIGBROTHERSBIGSISTERS.CA

About the program

- **What?** A group-mentoring program that encourages physical activity, healthy eating and self-esteem — 269 girls participated in 2012, with growing demand for 2013.
- **Who?** Girls, ages 10 to 14, and mentors from Big Sisters.
- **When?** After school. Seven weekly sessions. 1.5 to 2 hours each.
- **Where?** Select schools and community centres in Toronto and inner suburban areas, and across Canada in select cities.
- **Why?** To eliminate barriers to healthy living such as poverty and marginalization.
- **How?** Partially funded by RBC Foundation, Canadian Tire Jumpstart Charities, Ontario Ministry of Education and GoodLife Kids Foundation.

Analysis

Violence still hits too close to home

MAGGIE SAMWAYS
Global Editor in Chief
Metro World News

This is serious: Rihanna is back with Chris.

Three years after he bit, clawed and punched her from across a Lamborghini console, it seems from recent appearances, photographs and social media posts, pop superstars Rihanna and Chris Brown have reconciled and are still in a relationship.

India is in the spotlight. The trial of five men charged with the crushingly brutal gang rape and murder of a young Indian medical student has been fast-tracked in Delhi, while three sisters — aged five, nine and 11 — who went missing from their village on Valentine's Day were found raped, murdered and dumped into a well.

"Blade Runner" Oscar Pistorius stands accused of murdering his girlfriend, amid swirling accusations of paranoia and an obsession with firearms.

Violence against women is in the headlines, but it's also in millions of bedrooms, workplaces and relationships — behind closed doors, silent mouths and averted eyes.

In recognition of Women's Day, Metro, together with the United Nations, will celebrate womanhood with the aim to raise awareness of violence against women across the globe, and it's our hope that in Women's Days to come, we can celebrate the eradication of violence, full stop. No mother, sister or daughter — no woman — ever earned it, deserved it or "asked for it".

Raise your voice with ours.

Watch Status Quo? and see why feminism ain't dead

"We've been so quick to proclaim that 'feminism is dead' while countless women continue to fight against barriers," says Karen Cho, director of Status Quo? The Unfinished Business of Feminism in Canada. Watch the full film this weekend only at metronews.ca. NATIONAL FILM BOARD OF CANADA

Essay

The other F word

DELIA MACPHERSON
For Metro Canada

Feminism:
noun
• *the advocacy of women's rights on the ground of the equality of the sexes. — Oxford English Dictionary (and Google)*

How can you define feminism when its meaning changes with every generation?

There's a perception among the younger generations that feminism has come and gone. It is not an ongoing struggle but rather a battle that was fought and won. Speeches were made, bras were burned and somewhere in the aftermath equality simply happened.

The word feminist is almost sacred. Some people even shun it. If you haven't experienced inequality first-hand, you're not likely to label yourself this way.

My younger brother, a 19-year-old first-year university student, is a feminist by every definition of the word. But he would never call himself one.

Many young women (and men) shy from identifying themselves as feminists, even though they stand by feminist values. ISTOCK

Like most young, educated Canadian youth, he not only believes but knows that men and women are equal in every right, with the exception of maybe physical strength.

The question is, does it matter if he knows he's a feminist? If young people don't know about the word "feminism," is the old cliché true, and history is doomed to repeat itself? Don't we want the word feminism to become archaic, or to fall out of use, to be a thing of the past?

As my mother says, "You kids take it for granted," referring not only to a lack of understanding but also the general apathy toward the entire issue of woman's rights and equality.

But when I ask women of "First Wave" feminism who "fought the good fight," if feminism has become a mission-accomplished fight, they have a different opinion. They say the fight isn't over.

Part of the reason up-and-coming generations may have a nonchalant attitude about inequality of women may be because of the media, where the line between what is sexist and what is empowering is not always clear.

Films that depict violence against women are praised for their forward thinking. Think Resident Evil or Tomb Raider. Both movies are written and directed by men who wouldn't know the Bechdel test if it was duct taped to their foreheads.

Angelina Jolie's character in Tomb Raider is perceived to be a strong, empowered feminist. In reality the plot consists of her working through a tired trunk full of daddy issues in skimpy clothing. Not to mention she says nothing intelligent or meaningful in the entire flick.

Depending on whether you think feminism is a thing of the past or not, Jolie's character could be taken as either empowering or sexist.

Or if you're anything like my brother, it would be neither. The thought would never have occurred to him. Why worry or think about sexism in a world where women and men are equal?

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THE REAL ESTATE EDGE
BY MARNIE BENNETT

TAKING THE REINS

Today's woman and real estate

I love introducing women to the world of real estate. Since I began my career, the opportunity has been arising more and more often. The fact is, more single women are buying homes today than ever before.

This can be chalked up to several factors. Many younger women are choosing to focus on their careers rather than getting married and starting families in their twenties. Such financially independent women see no reason to postpone home ownership. On the other side of the coin, it's the unfortunate truth that approximately 50 per cent of marriages lead to divorce, leaving many women to house hunt solo for the first time.

I strongly believe that engaging with the real estate market can be an excellent way to leverage your current funds. Many people give their savings over to financial advisors, acquiring paper assets; giving them little control over their own finances.

Interestingly, 15 per cent more single women are buying homes as compared with single men. It's a trend I'm happy to see. When women overcome their initial apprehensions about investing, they tend to do very well; in fact, studies have shown that all-women investment clubs regularly out-perform all-men investment clubs by as much as 20 per cent.

The reason for this? I believe that, just as women are more willing than men to ask for directions, they're not afraid to ask questions when it comes to learning something new. They'll listen to professionals and weigh in all the factors. Real estate is outperforming paper assets and women know the benefits of working with a team. Yes…women truly are from Venus and men from Mars.

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Breaking through the 'hidden epidemic'

While violence against women is still all too common, there are positive signs of change, even in countries where it has long been tolerated. ISTOCK

Violence. Despite decades of public-awareness campaigns, violence against women is rampant, even in developed countries. In partnership with UN Women, Metro investigates.

ELISABETH BRAW
Metro World News in London

On one January day in Guatemala, six women and two girls were murdered.

"I haven't been able to find a reason for the murder," says mother Rosa Franco, whose 15-year-old daughter Maria Isabel was killed. "But such is life as a woman in this country full of corrupt authorities. I suspect several people, including a 45-year-old drug dealer who'd been harassing my daughter since he asked to go out with her but she refused."

Welcome to our 21st century world, where violence against women is still common.

"Violence against women is a hidden epidemic, and hidden is a very important word," notes Ann Veneman, the former Executive Director of UNICEF.

"We all know that women are getting raped as a weapon of war in places like the (Democratic Republic of Congo), but in the developed world the problem is hidden."

Most violence against women occurs in their homes, committed by their boyfriends or husbands.

"Partner violence often has a psychological component, which makes it harder to measure," notes Markku Heiskanen, an expert in domestic violence at the European Institute for Crime Prevention and Control.

Fact sheet

One-third of women will experience violence at least once in their lives.

- **It still happens in developed countries.** Forty- six per cent of Swedish women report having been victims of violence.
- **Human trafficking.** Women and girls make up 80 per cent of victims.

"And women want to protect their partners. When they talk about previous partners, they mention violence much more."

Young women, especially, bear the brunt of men's aggression. Nearly half of all sexual assaults worldwide are committed against girls under 16.

"In many cases it's girls from difficult homes who are trapped by men who say they love them but are really (pimps)," says Veneman. "What goes on in these cases is quite extraordinary."

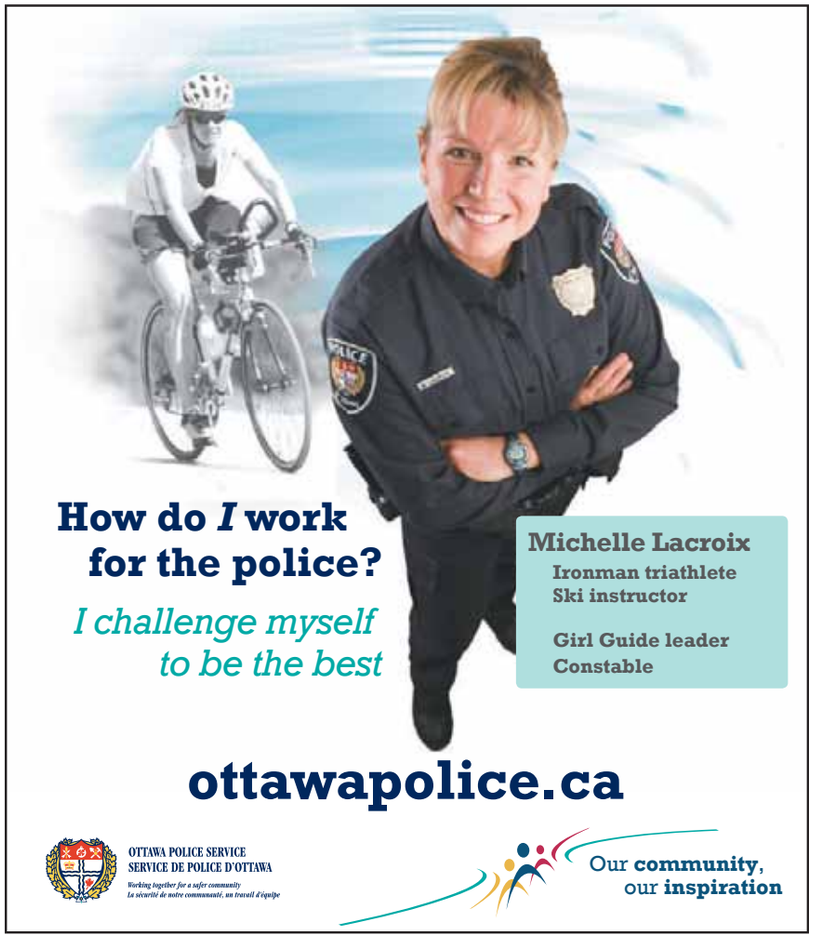
But there's good news. Safe houses for women are being built, even in countries where violence against women has long been tolerated. Victims are being trained in occupations so they can earn their own money. In India, the Delhi gang rape of a young woman led to unprecedented protests. And in China, the death sentence of Li Yan, a woman convicted of killing her husband after being abused by him for years, caused a rare public outcry.

On Valentine's Day this year, the global organization V-Day arranged One Billion Rising, a record-breaking event for protesting violence against women. And this month global leaders convene at the UN headquarters in New York to address a problem that is still all too common.

It's never OK

"There is one universal truth, applicable to all countries, cultures and communities: violence against women is never acceptable, never excusable, never tolerable."

United Nations Secretary-General Ban Ki-moon



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In lean times, startups are an attractive choice for new grads

Jobless generation. Canadian youth view entrepreneurship as a way to replace jobs that have all but disappeared since 2008 recession

TAKARA SMALL
takara.small@metronews.ca

Alkarim Nasser has come a long way from his humble beginnings in a cramped office shared with four others in downtown Toronto.

The 27-year-old co-founder of BNOTION, which produces web and mobile applications, spent most of his early days as an entrepreneur hunched over a laptop scanning Craigslist ads for new clients.

"We saw it as low-hanging fruit and hadn't yet created a name for ourselves" he says. The company, which he helped start after graduating from Seneca College, now boasts a dozen clients including Johnson & Johnson and Samsung.

Stories such as Nasser's weren't unusual at DX3, a digital conference held Thursday in Toronto. They're likely to become more commonplace as Canadian youth look to entrepreneurship to replace jobs that have all but disappeared in recent years.

According to the Canadian Youth Business Foundation, 52,795 people aged 15 to 39 started their own business in 2011 and that number is only expected to grow.

The 2008 recession proved devastating for youth seeking work in this country. The stubbornly high unemployment rate for those aged 15 to 24 is double the national average, forcing a job-hungry generation faced lower or nonexistent wages to look elsewhere for opportunities.

Rebecca Basi, 23, sees working for startups as the most viable option for ambitious youth. The marketing co-ordinator for Plastic Mobile, a startup that creates mobile applications, was at DX3 to network. Initially, she turned to small firms to pad her resumé, but now can't see herself working for anyone but startups.

"I feel like if I were to work for a bigger company I would end up having less responsibility and not collaborate with others as much as I do now. Startups give me the ability to be more creative, hands-on."

Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts, works on new orders at the 2013 DX3 conference in Toronto on Thursday. TAKARA SMALL/METRO

Online

Visit metronews.ca for more tips from entrepreneurs who attended DX3.

Startup secrets

- "Tell everyone what you're doing. Entrepreneurs want to keep everything a secret because they're afraid someone will steal it, but no one will, because (in the early stages) it sucks. Get feedback from friends, family, and strangers to turn it into a real business." **Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts**
- "Simple: Don't overthink it, or you'll never get started. If you're too scared, you'll never end up doing anything." **— Ethan Do, founder of OverAir, a wireless technology firm**
- "No amount of schooling will teach you how to start a company. You just need to do it. It's not a science where there is a yes-or-no answer." **— Adam Jarczyn, co-founder and CEO of online shopping app Hovr.it**

Feds to auction wireless spectrum

Ottawa is putting highly sought-after spectrum for wireless devices on the auction block later this year in the hopes of fetching at least $900 million — but likely much more.

The Conservative government is aiming to have at least four wireless players in every region of the country in a bid to help upstarts grab a piece of a market that has been dominated by big companies such as Rogers, Bell and Telus.

"Today, our government is implementing four distinct measures to ensure that Canadian consumers continue to benefit from more choice in the wireless (sector)," Industry Minister Christian Paradis said Thursday as he announced the Nov. 19 start date for the auction.

Not a bad haul

$4.3B

The government raised nearly $4.3 billion in its last spectrum auction in 2008.

The 700-megahertz wireless spectrum, which is up for auction, is considered ideal for use by new high-speed networks in high-density urban areas and in rural Canada.

It has the ability to allow cellphone calls in elevators, deep in underground parking lots and in tunnels in big cities, and in basements and attics in suburban areas. It also provides better and more affordable coverage in rural Canada because fewer cellphone towers are needed to provide coverage.

At minimum, Ottawa wants to raise $897,294,000 from the auction. But the wireless spectrum is widely expected to fetch potentially billions of dollars. The government raised nearly $4.3 billion in its last spectrum auction in 2008.

"We'd be surprised if it's a lot more than a $2-billion valuation, $2.5 billion," analyst Dvai Ghose of investment firm Canaccord Genuity said of the November sale.

"Now two things to remember, which are contradictory: on the one hand, there's much more spectrum that was released last time around ... so there's much less spectrum (now). But the other issue is it's much better spectrum."

THE CANADIAN PRESS

Market Minute

DOLLAR 97.14¢ (+0.19¢)

TSX 12,826.52 (-5.45)

OIL $91.56 US (+$1.13)

GOLD $1,575.10 US (+20¢)

Natural gas: $3.59 US (+12¢)
Dow Jones: 14,329.49 (+33.25)

Airport security

DHS must release report on scanner safety, judge says

A U.S. federal judge has ruled that the Department of Homeland Security must release two safety reports it conducted in the 2000s evaluating the radiation safety of body-scanning machines. He ruled Thursday that the agency improperly withheld 2006 and 2008 reports in response to a Freedom of Information Act request.

THE ASSOCIATED PRESS

Spring cleaning. Facebook revamp aims to help users declutter their feeds

Facebook is trying to breathe new life into its social network with a redesign of its News Feed.

Amid complaints that company's site has become a jumble of monotonous musings and random pictures, the overhaul offers new controls that allow people to create streams of photos and other material in organized sections.

With the makeover, which began rolling out Thursday, Facebook CEO Mark Zuckerberg hopes to turn the News Feed into something more like a newspaper custom-made to suit the particular interests for each of the social network's more than one billion worldwide users.

The new features will allow users to choose to see feeds that may feature nothing but photos or exclusively see posts from their closest friends, family members or favourite businesses. Or they can just peruse content about music or sports, as if they were grabbing the section of a newspaper. Other newspaper-like changes will include lists of events that their social circles have flagged for the upcoming weekend and other summaries meant to resemble a table of contents.

By adding more personal touches, Facebook is acknowledged that the computer-generated formulas that it has been using to determine the content shown to each user have become less effective as the social circles within its network have widened to include a more diverse array of information.

"This gives people more power to dig deeper into the topics they care about," Zuckerberg said while discussing the makeover at Facebook's Menlo Park, Calif., headquarters.

THE ASSOCIATED PRESS

Facebook CEO Mark Zuckerberg speaks at the company's headquarters in Menlo Park, Calif., on Thursday. The firm unveiled a new look for its News Feed. JEFF CHIU/THE ASSOCIATED PRESS

THE NOT-SO-SWIFT RESPONSE

The List

Mike Benhaim
metronews.ca

1 **Keeping the crown.** Queen Elizabeth II was released from hospital this week after having a stomach infection. The 86-year-old monarch still maintains a demanding schedule, and when asked if she might retire, sources say she chugged back a pint of Guinness and said, "What? And leave things to that putz Charles?" OK, there were no real sources, but I like to think that's what happened.

2 **Milk and honeys.** Playboy launched the first Hebrew edition of the magazine this week with special content including articles by native Israeli writers and actual Israeli models. Adult material has always been available in Israel, but never in the holy language. Jewish and Muslim groups both observe strict rules of modesty, so newsstand shelves will be covered with a sheet.

3 **An email for your thoughts.** An Orwellian prophecy is materializing in Brazil, where the actual thoughts of a rat were recorded by electric sensors and emailed to another in the United States. The rodent receiving the "brain link" amazingly began mimicking the behaviour of his South American cousin. Scientists believe that this may explain the popularity of Snooki and JWoww.

4 **To boldy go ...** Until recently, the Inspiration Mars Foundation team planning the 2018 voyage was perplexed with the dangers of radiation exposure from cosmic rays, but now they may have a solution. Chief technology officer Taber MacCallum recently announced that human waste can be used as shielding because it contains more nuclei per volume than metal. So the two-person crew will recycle their own "emissions," which will then be stored in bags to line the capsule, clarifying orders to "get their s--t together."

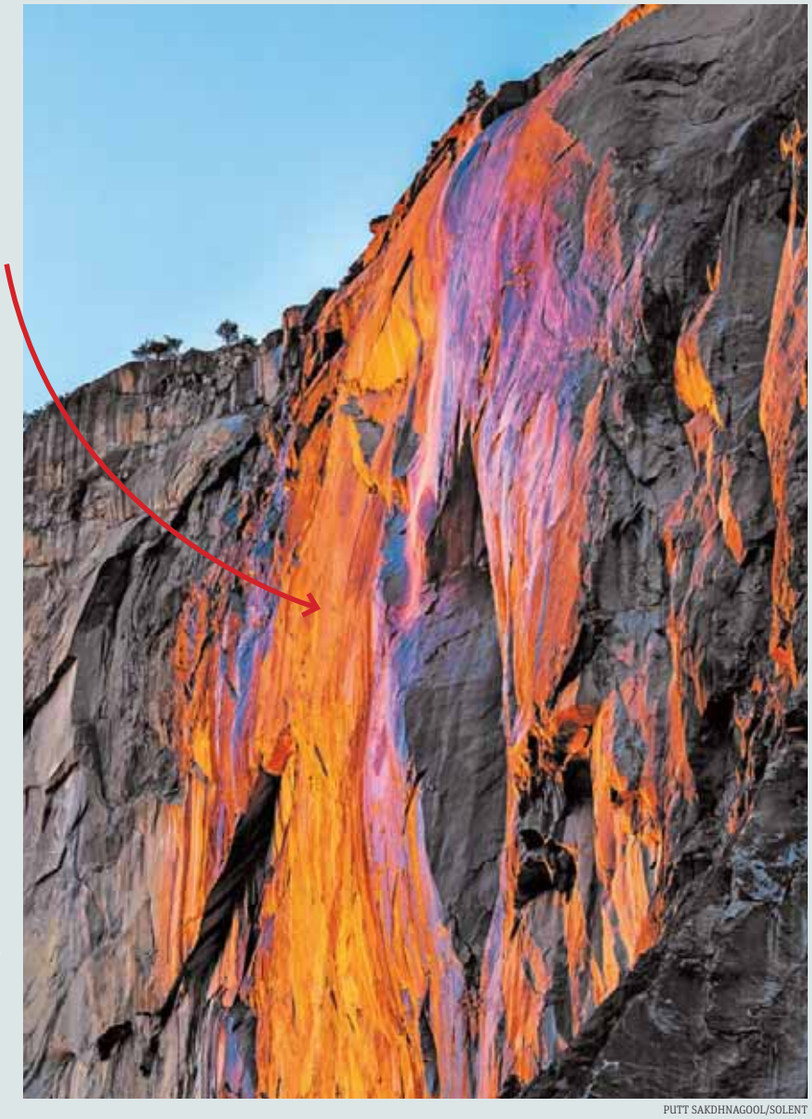
5 **Swiftly dissed.** Taylor Swift resented the humour of hosts Amy Poehler and Tina Fey at last month's Golden Globes. They kidded her about staying away from Michael J. Fox's son, who was working as an usher that evening. The joke was that she dates a lot and often from famous families. Not sure if I'm more annoyed that this offended her, or that it took her this long to get the joke.

6 **Thanks, eh?** The first Canadian Screen Awards aired on CBC last Sunday. The show combined two national television mainstays in the Gemini and Genie Awards. The show, hosted by Martin Short, was well-received but possessed the very same ingredient that alienated original audiences: Canadian content.

Follow The Metro List on Twitter @TheMetroList

ZOOM

A fire without a flame



PUTT SAKDHNAGOOL/SOLENT

Looks like cascading lava

For most of the year, the Horsetail Fall waterfall does not get much attention but for two weeks every spring it appears to turn into lava.

This phenomenon on the rock formation El Capitan in Yosemite National Park, Calif., is an optical effect produced by Earth's angle in relation to the sun and the geographical position of the waterfall. METRO

Man-made fires were tradition

In a bizarre summer-time ritual, rangers at Yosemite National Park used to actually create man-made "fire falls." From the 1870s, burning hot embers were dropped from the top of Glacier Point down to the valley below, a practice performed by several generations of owners at the Glacier Point Hotel. Fire falls were discontinued in 1968 over fire hazard concerns. METRO

Free fall

650

metres is the total height of Horsetail Falls.

Clickbait

Two scientists attempt to answer the age-old question: cookie or cream?

Oreo separating machine

Recently Oreo launched their Separator series online. The first webisode, which has already been seen more than 3.5 million times, features an engineer's separator machine. The second episode is also picking up cream. Two Minnesota scientists developed a device that detaches the cream from the cookie and pops the two right in the user's mouth.

Twitter

@metropicks asked: If you were in charge of designing Facebook's News Feed, what features would it have? What would you block?

@StephanieChan: I'd block certain people from recklessly tagging you in posts. I don't want my attention drawn to someone's bad art or meme.

@RkNRollaAyatola: It would feature zero ads, zero app requests, zero game requests. It would look a lot like my @GooglePlus_Feed :D

@TristanCPDT: no more ads or 'sponsored' stories

@epickidneyfail: Ability to block games and game requests and "suggested pages" ads or "sponsored" stories.

Follow @metropicks and take part in our daily poll.

Letters

RE: Horse as the Main Course , published March 4

I was horrified by the article on profiling the growing market for horsemeat in Canada, from consumption to exportation.

The article made very brief mention about how the rearing and slaughtering of horses is humane, just like with cattle, which in my view was irresponsible and inaccurate reporting.

The author neglected to comment on the realities of meat production in our country: how intensive factory farms inflict unquantifiable pain and suffering to billions of non-human "food" animals each year.

Farming horses, or any animal, for human consumption is hugely wasteful, unethical and unnecessary to human health.

Jeff Szmyr, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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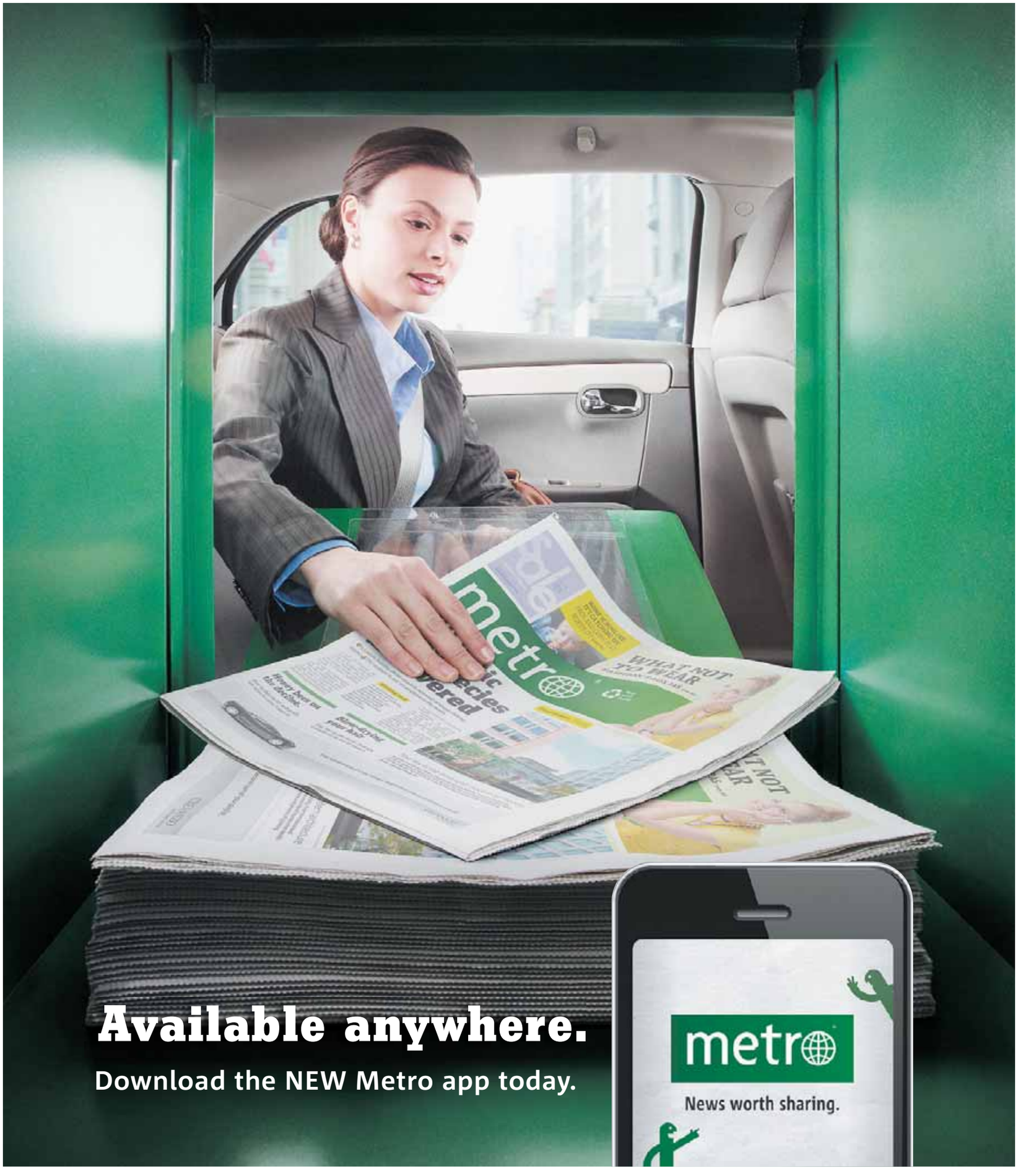
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SCENE

Synopsis

In Dead Man Down, Colin Farrell plays Victor, right hand man to notorious crime lord Alphonse Hoyt (Terence Howard). When a close associate turns up dead with a note clenched in his fist and part of a picture stuffed in his mouth, Hoyt goes medieval on his enemies. Thus begins a twisty-turny story of revenge involving Victor, Alphonse and Beatrice (Noomi Rapace), a former beautician whose face was disfigured in a drunk driving accident. That's all the Reel Guys can say about the plot, however. Telling you anything more would take some of the punch away from the movie.

- Richard: ●●○○○
- Mark: ●●●○○

Colin Farrell plays right hand man to a crime lord in Dead Man Down. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Wrestling with reality

Dead Man Down. WWE Studios' recipe is just not right as they attempt to mix romance and revenge in a Colin Farrell fronted action flick

Richard: Mark, this new film from WWE Studios, has something for everyone. It's a new genre that mixes a revenge drama with a romantic subplot — complete with sweeping violin accompaniment. What to call it? A romrev? Maybe a romantic revenge? Either way I suppose it is an action flick for the guys with just enough romance to make it a date movie as well, but a revenge drama from WWE Studios should be about violence, not violins. Did you buy into the story?

Mark: The story was just a framework for the melancholic mood that suffuses the picture. A date movie for depressives, perhaps? Although the story takes place in New York City, the feel of it seems entirely European.

RC: The Euro style you noticed makes sense as the movie was made by The Girl with the Dragon Tattoo director Niels Arden Oplev. I liked the edgy atmosphere but was troubled by plot holes big enough for Andre the Giant to walk through (this was, after all, produced by World Wrestling Entertainment). I don't always demand logic, but when you have a story this simple, the characters have to act within their boundaries. It doesn't make them more interesting when they behave erratically, just less interesting and harder to connect to.

MB: There were other oddities as well. Rapace's scars earned her the nickname "the monster" but any charitable plastic surgeon could have given her the $80K pro bono job that would have solved her problem — no need for a hit man. Frankly, F. Murray Abraham's skin was a lot scarier.

RC: I liked seeing Abraham. In fact, I liked a lot of the performances here. Farrell brings his usual brooding intensity to the role of Victor. Rapace's exotic, otherworldly presence nicely complements the film's off-kilter feel — you wouldn't expect the girl with the dragon tattoo to play a passive girlfriend role and she doesn't, up to a point, and Terence Howard is a good menacing bad guy, but the movie's tale of revenge simply isn't sturdy enough to hold the whole thing together.

MB: Agree with you about the acting, although the bad guys were pretty generic. With one exception: I thought Dominic Cooper turned in a nuanced performance as Farrell's emotionally charged wingman.

David Bowie
The Next Day
Listen to David Bowie's new album The Next Day for free exclusively until March 12th on iTunes at iTunes.com/Davidbowie and pre-order the album now!
LISTEN TO ENTIRE ALBUM FOR FREE
Pre-order on iTunes

The incredible Steve Carell talks about the magic of a great comedy

Burt Wonderstone.
Funnyman flips through the list of the top 100 best comedy movies and tells Metro what tickles his fancy

NED EHRBAR
Metro World News in Hollywood

The Incredible Burt Wonderstone opens next Friday. HANDOUT

With titles like the 40-Year-Old Virgin, Anchorman: the Legend of Ron Burgundy and Crazy Stupid Love under his belt, Steve Carell certainly knows his way around comedy. So we wanted to get the Incredible Burt Wonderstone star's take on some of the best comedies of all time and what makes them great, using Time Out London's list of the 100 Best Comedy Movies. Incidentally, only two of Carell's films made the list — Anchorman and Little Miss Sunshine — but he let that slide. OK, here's the list.

No. 1, This is Spinal Tap!
Well, that's obviously a classic. It broke the mold, and it has been copied so often. Like any great movie or book or play, there's one of these, and you can't replicate it. And it holds up, too. It's a hilarious movie.

Some Like it Hot?
Yeah, these are all great.

Groundhog Day?
Man, that's one of my favourite holiday movies. Wow, Anchorman is number six! Nice. Monty Python — any Monty Python is great. Annie Hall, Life of Brian, Airplane. I think Anchorman in a lot of ways is like Airplane, in that it's just unrelenting silliness.

Is there one there that sticks out?
For me? Dr. Strangelove. Number 14? I'd put that on top of my list. I think that movie is terrifying and funny in equal parts and I think that is special. That's an almost impossible feat to accomplish, to create something that elicits such completely diverse responses. And I love Peter Sellers' performances in that movie.

Do you remember when you first saw it?
I think I saw it in a film class in college. I didn't really know much about it, but it was a movie that changed my perception of comedy in a lot of ways. And Being There, as well. I don't know where Being There is on this list.

I don't think it's on the list.
It's not? And on the other side, getting away from somebody like Kubrick, you have Mel Brooks, with Blazing Saddles or Young Frankenstein. Young Frankenstein is one of my all-time favourite movies as well. And again, just unrelenting silliness and commitment. I don't know, it's hard to deconstruct it because you don't necessarily know why something makes you laugh, it just does. And I think the more you deconstruct why it makes you laugh, the less funny it is. For me, I just love letting stuff wash over me and not analyze it too much.

There's also the repeat viewing factor, films you can watch again and again. Galaxy Quest, for instance, is on this list.
Galaxy Quest! I love that movie too. I just got to work with Sam Rockwell, and the first thing I said to him was, "I love you in Galaxy Quest." He's a great actor, he's done all sorts of fantastic work, but his character in Galaxy Quest... He gets dematerialized and then rematerialized, and he's so freaked out he just stands there screaming? I remember specifically watching it and laughing harder at that than anything that I'd laughed at in a while. It's a really good movie.

I'm always surprised more people don't love that movie.
These are all great — and for different ways, you know? Planes, Trains and Automobiles — really wonderful performances and connection between John Candy and Steve Martin. And people have tried to do this movie in all sorts of different ways, and you can't. There's sort of a magic to when it works, and I think for some reason a movie like Anchorman worked on that level. I don't think we knew it at the time. We knew it was funny. I mean, it was funny to us doing it. And I think when it opened nine years ago or something, people liked it, but over time I think people have liked it more and more. It's sort of grown. But that just seemed to work based on the writing and who was in it and the directing. And the subject matter. It was just ridiculous fun.

Burt vs. Burgundy

Toward the beginning of The Incredible Burt Wonderstone, when successful Las Vegas magician Wonderstone (Steve Carell) is at the height of his fame and power, viewers might get a glimpse of Ron Burgundy, Will Ferrell's blowhard lead from Anchorman. Carell acknowledges some similarities, but he insists it wasn't intentional. "I think of them as Casanovas, I think there definitely is a parallel there. But I think that's where the similarities stop," he says. "Ron isn't mean to people. He's not a bad person, and at the point where we find the adult Burt Wonderstone, he's a pretty bad guy. He's a jerk, he's an egomaniac who really doesn't care anymore and is completely burned out with his life and himself."

Pocket theatre

The Movie Network GO iPhone/iPad/Web Free

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

For Bell and Cogeco subscribers (soon Rogers too), TMN GO lets you stream Hollywood HD movies and create watch lists across five different devices for free. There's no better pocket theatre.

Growing pains

"They've refined so many things and changed so many things, from the hobbit feet to the way the dragon moves, how Gollum looks...

"They've really made a lot of advancements, so it's a little bittersweet that you don't get to be there for that, you're part of the kind of older thing now. But at the same time a lot of those people are the same people who we knew and worked with and enjoyed their company and marvelled at their expertise, and so good for them, it's exciting for them."

Actor Sean Astin, who starred in the Lord of the Rings trilogy, about the look of the characters in The Hobbit.
THE CANADIAN PRESS

Fantasy/Adventure

Oz the Great and Powerful

Director. Sam Raimi

Stars. James Franco, Mila Kunis

Put up against the 1939 classic, The Wizard of Oz, Sam Raimi's Oz the Great and Powerful isn't exactly great and certainly not powerful. Sure, the 3D-effect-laden spectacle is effectively engaging, but the familiar story about how an ego-driven carnival magician (James Franco) became the wonderful wiz is simply uninspired. It will surely attract hardcore Oz fans, but for most, you'll be thinking somewhere over the rainbow, there must to be something better.

STEVE GOW

Drama

Cloudburst

Director. Thom Fitzgerald

Stars. Olympia Dukakis, Brenda Fricker

Partners for decades, Dot and Stella make a break for Canada to get hitched so that ailing Dot's family can't kick foul-mouthed Stella out of the family home, after suffering years of her verbal abuse. Based on director Thom Fitzgerald's play of the same name, Cloudburst is a sweet and sometimes funny look at what happens when the impossible suddenly becomes possible; in this case, allowing two women to marry. Fitzgerald's script is a tad rote, but Dukakis and Fricker deliver spectacular performances. **IAN GORMELY**

What would you do if you saw a murder?

Viral video. A controversial promo video and social experiment has prompted a discussion around the ethics of viral marketing

MICHELLE CASTILLO
Metro World News

What would you do if you saw a man strangling another man in an elevator? Would you step in and help? Would you call the authorities? Would you run like hell?

Some pseudo sociologists-turned-filmmakers decided to test people's reactions to this shocking scenario in an online video called Elevator Murder Experiment.

It's actually an advertisement for Dead Man Down, the latest film from the original The Girl With The Dragon Tattoo director Niels Arden Oplev (and starring Noomi Rapace and Colin Farrell). The YouTube clip was created by viral video marketing agency Thinkmodo. So far, it has more than 2 million views.

"At no point was anyone in danger, even though it looks like it at some points," Michael Krivicka, co-founder of Thinkmodo and director of the elevator video, told Metro World News. He hoped it would spark debate.

All but one of the reactions were completely real, claims the director, including the guy who uses a fire extinguisher. In order to tie the project to Dead Man Down, the last subject — a man who shows up with his dogs and films the murder with his cell phone — was actually an actor.

The YouTube video promoting the movie Dead Man Down. HANDOUT

The staged part mimics a key scene in the film where one main character witnesses another lead character strangling someone to death. She too records the incident on her phone — and later uses it for blackmail.

But many commenters seem confused, with some saying it could have gone all wrong if a bystander had a gun — or calling it out as a fake. That's OK with Krivicka.

"There is a big difference between advertising and viral marketing," he says.

"A viral marketing video is designed to start conversations around the movie."

Disney
OZ
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IN DISNEY DIGITAL 3D, REAL D 3D AND IMAX 3D
DISNEY.COM/OZTHEGREAT
PG Parental guidance advised
NOT RECOMMENDED FOR YOUNG CHILDREN, SOME SCARY SCENES, VIOLENCE
Like us on facebook at Walt Disney Studios Canada
STARTS TODAY
For Theatres and Showtimes: Check Local Listings

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR.8 TO THURS., MAR. 14. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Ottawa

Bytowne Cinema
325 Rideau St., 613-789-3456

Amour (PG) Wed 6:15 Thu 4:15
Au fil de l'eau (STC) Mon 6:50
Camille Redouble (STC) Sat 8:59
Camion (14A) Thu 6:55
Ernest et Célestine (PG) Sun 2:30
Everybody in Our Family (STC) Tue 8:55
The Impossible (PG) Fri 4:30 Sat 2:15
Italy: Love It, or Leave It (STC) Fri 9:15 Sat 7:05 Sun 4:25 Mon 5:01 Tue 7:05
La pirogue (STC) Fri 6:59
Sound City (PG) Sat 4:40 Sun 8:20 Mon 9:15 Tue 4:45
Tatsumi (14A) Wed 4:10 Thu 9:20
La Vierge, les Coptes et moi... (STC) Wed 8:55
Yema (STC) Sun 6:15

Canadian Film Institute
2 Daly Ave., Suite 120, 613-232-6727

u fil de l'eau (STC) Mon 6:50
Camille Redouble (STC) Sat 9
Camion (14A) Thu 6:55
Ernest et Célestine (PG) Sun 2:30
Everybody in Our Family (STC) Tue 8:55
La pirogue (STC) Fri 7
Selection de Courts Metrages de la Francophonie Canadienne (STC) Tue 6:30
La Vierge, les Coptes et moi... (STC) Wed 8:55
Yema (STC) Sun 6:15

Coliseum Ottawa
3090 Carling Ave., 613-596-9475

21 and Over (14A) Fri-Thu 1-3:20-5:35-8:15-10:35

The Call (14A) Thu 10
Dead Man Down (14A) Fri 2:40-5:20-8-10:40 Sat 2:40-5:30-8:10-10:40 Sun 2:40-5:20-8-10:40 Mon 12-2:40-5:20-8-10:40 Tue-Thu 2:40-5:20-8-10:40 Star & Strollers Screening Thu 1
Escape From Planet Earth (PG) Fri-Thu 1:30
Escape From Planet Earth 3D (PG) Fri-Thu 4:15
Funny Face (G) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri 12:30-2:50-5:20-7:55-10:30 Sat 12:30-6:05-7:55-10:30 Sun-Tue 12:30-2:50-5:20-7:55-10:30 Wed-Thu 12:30-2:50-5:20-10:30
The Hobbit: An Unexpected Journey 3D (PG) Fri-Sat 3:05-6:45-10:15 Sun 6:45-10:15 Mon-Wed 3:05-6:45-10:15 Thu 3:05-6:25
Identity Thief (14A) Fri-Wed 12:15-2:35-5:10-8:05-10:25 Thu 12:15-2:35-8:05-10:25
The Incredible Burt Wonderstone (STC) Thu 10
Jack the Giant Slayer (PG) Fri-Sat 1:15-4-7-10:20 Sun 1:15 Mon-Tue 1:15-4-7-10:20 Wed 1:15-4-7:20-10:20 Thu 1:15-4-7-10:20 Sun 4-7-10:20
Jack the Giant Slayer 3D (PG) Fri-Thu 2:15-5-7:45-10:30
The Last Exorcism Part II (14A) Fri-Wed 7:15-10:10 Thu 7:15
The Metropolitan Opera: Les Troyens Encore (STC) Sat 12
Oz the Great and Powerful (PG) Fri-Thu 12:30-3:35-6:45-10
Oz the Great and Powerful 3D (PG) Fri-Thu 1:30-4:35-7:40-10:45
Safe Haven (PG) Fri-Wed 12-2:40-5:25-8:15-10:45 Thu 5:25-8:15-10:45 Star & Strollers Screening Thu 1
Snitch (PG) Fri-Wed 12:45-3:15-5:45-8:15-10:40 Thu 12:15-3:25-5:45-8:15-10:40

Empire 7 Cinemas
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

Argo (14A) Fri 3:20-6:30-9:40 Sat-Thu 12:30-3:20-6:30-9:40
The Call (14A) Thu 10
Dead Man Down (14A) Fri 3:10-6:20-9:10 Sat-Thu 12-3:10-6:20-9:10
The Incredible Burt Wonderstone (STC) Thu 10
The Last Exorcism Part II (14A) Fri 3:50-6-9:50 Sat-Thu 12:50-3:50-6-9:50
Life of Pi (PG) Fri 6:25 Sat-Thu 12:20-6:25
Life of Pi 3D (PG) Fri-Wed 3:30-9:20 Thu 3:30
Lincoln (PG) Fri-Mon 3:30-7:30
Quartet (PG) Fri 3-6-9 Sat-Wed 12:40-3-6-9 Thu 12:40-3-6
Silver Linings Playbook (14A) Fri 3:40-6:30-9:30 Sat-Thu 12:10-3:40-6:30-9:30

Mayfair Theatre
1074 Bank St., 613-730-3403, mayfair-movie.com

Animal Crackers (STC) Mon-Tue 1
Anna Karenina (14A) Fri-Sat 6:45 Sun 6 Mon 9:15 Tue 9
Cloudburst (STC) Fri-Sat 9:15 Sun 8:45
Duck Soup (STC) Wed-Thu 1:30
The Hobbit: An Unexpected Journey (PG) Sun 12:30 Wed-Thu 3
Horse Feathers (STC) Wed-Thu 12:30
Monkey Business (STC) Mon-Tue 3
Mysterious Island (STC) Sun 3:45 Mon 7
The Rocky Horror Picture Show (STC) Sat 11:15
The Sessions (14A) Tue-Wed 7
Shitty One Minute Film Festival (STC) Wed 9
Tommy (STC) Fri 11:15

Rainbow Cinemas
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Argo (14A) Fri-Thu 10-6:40-9:10
Beautiful Creatures (PG) Fri-Thu 4-9
The Guilt Trip (PG) Fri-Thu 12:10-4:45-9:15
The Impossible (PG) Fri-Thu 10:30-1:10-6:30
Les Misérables (PG) Fri-Thu 10:20-1:20-4:25-7:40
Parental Guidance (G) Fri-Thu 9:55-2:20-6:50
Rise of the Guardians (G) Fri-Thu 12:30-2:35-4:40
Skyfall (PG) Fri-Thu 7:30
Wreck-It Ralph (PG) Fri-Thu 10:10-12:25-2:45-5:10

Rideau Centre Cinemas
50 Rideau St., 613-234-3712

Identity Thief (14A) Fri 4-7-9:45 Sat-Thu 1-4-7-9:45
Jack the Giant Slayer (PG) Fri-Thu 3:45-6:45
Jack the Giant Slayer 3D (PG) Fri 9:15 Sat-Thu 12:45-9:15
Oz the Great and Powerful (PG) Fri 9:30 Sat-Thu 12:30-9:30
Oz the Great and Powerful 3D (PG) Fri-Thu 3:30-6:30

South Keys
2214 Bank St., 613-736-1115

21 and Over (14A) Fri-Thu 12:15-2:35-5:10-7:30-10:05
The Call (14A) Thu 10
Dead Man Down (14A) Fri-Thu 11:15-1:55-4:35-7:25-10:10
Escape From Planet Earth (PG) Fri-Thu 10:20-12:30
Escape From Planet Earth 3D (PG) Fri-Thu 2:40-4:50-7
A Good Day to Die Hard (14A) Fri-Thu 9:20
Happy Feet (PG) Sat 11
Identity Thief (14A) Fri-Thu 11:25-2-4:40-7:20-9:55
Jack the Giant Slayer 3D (PG) Fri-Thu 10:30-1:30-4:15-7:05-9:50
The Last Exorcism Part II (14A) Fri-Thu 12:20-2:30-4:55-7:15-9:35
Life of Pi 3D (PG) Fri-Thu 10:25-1:10-3:55-6:40-9:30
The Metropolitan Opera: Les Troyens Encore (STC) Sat 12
A Moment in Time (STC) Fri 11-1:40-4:10-6:45-9:25 Sat 1:40-6:45-9:25 Sun-Wed 11-1:40-4:10-6:45-9:25 Thu 11-1:40-4:10-6:45
Oz the Great and Powerful (PG) Fri-Thu 12-3-6-9
Oz the Great and Powerful 3D (PG) Fri-Thu 10:10-1-4-7-10
Safe Haven (PG) Fri 10:45-1:45-4:25-7:10-9:45 Sat 4:05-7:10-9:45 Sun-Thu 10:45-1:45-4:25-7:10-9:45
Silver Linings Playbook (14A) Fri-Thu 10:35-1:25-4:05-6:50-9:40

Gatineau

Cinéma des Galeries d'Aylmer
400 boul. Wilfrid-Lavigne, 819-248-2526

Astérix et Obélix: Au service de sa Majesté (STC) Fri-Sun 1:10-3:30-7:10-9:30 Mon 7:10 Tue 1:10-3:30-7:10-9:30 Wed-Thu 7:10-9:30 Tue 12:50
Les Aventuriers Voyageurs: La Turquie (STC) Wed 7
Escape From Planet Earth (STC) Fri-Sun 1-3 Tue 3 Tue 1
Identity Thief (STC) Fri-Sun 7:10-9:30 Mon 7:10 Tue 7:10-9:30 Wed-Thu 9:30
Jack the Giant Slayer (G) Fri-Sun 3:20-9:20 Tue 3:20-9:20 Wed-Thu 9:20
Jack the Giant Slayer 3D (G) Fri-Sun 12:50-6:50 Mon 6:50 Tue 12:50-6:50 Wed-Thu 6:50 Tue 12:40
Oz the Great and Powerful 3D (STC) Fri-Sun 12:40-3:20-6:40-9:20 Mon 6:40 Tue 12:40-3:20-6:40-9:20 Wed-Thu 6:40-9:20 Tue 1

Ciné-starz
1100 boul. Maloney Ouest, 819-568-8000

Hansel & Gretel: Chasseurs de sorcières (STC) Fri-Thu 5:45-7:25-9:05
Le hobbit : Un voyage inattendu (G) Fri-Thu 4-9:10
Hotel Transylvanie (G) Fri-Thu 12-1:40
L'histoire de Pi (G) Fri-Thu 7:20-9:10
Les mondes de Ralph (STC) Fri-Thu 12-1:55-3:50
Les Pee Wee: L'hiver qui a changé ma vie (G) Fri-Thu 1:50-3:20-5:15-7
Le réveil des gardiens (G) Fri-Thu 12-1:45-3:30-7:25
Surveillance parentale (G) Fri-Thu 12-5:30-9:30

Gatineau 9
120 boul. de l'Hôpital, 819-568-6070

Astérix et Obélix: Au service de sa Majesté (STC) Fri-Sun 3:25 Tue-Thu 3:25
Astérix et Obélix: Au service de sa Majesté 3D (STC) Fri-Sun 12:45-6:40-9:15 Mon 6:40-9:15 Tue-Thu 12:45-6:40-9:15
Ciel obscur (13+) Fri-Thu 9
Ernest et Célestine (G) Fri-Sun 12 Tue-Thu 12
Fuyons la planète Terre (STC) Fri-Sun 2 Tue-Thu 2
Jack le chasseur de géants (G) Fri-Sun 1:05-3:40-7-9:40 Mon 7-9:40 Tue-Thu 1:05-3:40-7-9:40
La légende de Sarila (G) Fri-Sun 2:30 Tue-Thu 2:30
La légende de Sarila 3D (G) Fri-Sun 12:30-4:30-7:05 Mon 7:05 Tue-Thu 12:30-4:30-7:05
Majeur et vacciné (13+) Fri-Sun 1:20-3:30-7:20-9:30 Mon 7:20-9:30 Tue-Thu 1:20-3:30-7:20-9:30
Oz le magnifique 3D (STC) Fri-Sun 12:50-3:45-6:45-9:35 Mon 6:45-9:35 Tue-Thu 12:50-3:45-6:45-9:35
Paris-Manhattan (G) Fri-Sun 1:10-3:10-7:15-9:20 Mon 7:15-9:20 Tue-Thu 1:10-3:10-7:15-9:20
Les saveurs du palais (G) Fri-Sun 1-3:15-6:50-9:10 Mon 6:50-9:10 Tue-Thu 1-3:15-6:50-9:10
Un havre de paix (G) Fri-Sun 1:15-3:50-6:30-9:05 Mon 6:30-9:05 Tue-Thu 1:15-3:50-6:30-9:05
Une belle journée pour crever (13+) Fri-Sun 4-7:10-9:45 Mon 7:10-9:45 Tue-Thu 4-7:10-9:45

StarCité Hull
115 boul. du Plateau, 819-770-1090

21 and Over (13+) Fri-Sun 1:15-3:30-5:45-8-10:15 Mon 5:45-8-10:15 Tue 1:15-3:30-5:45-8-10:15 Wed 5:45-8-10:15 Thu 5:45-8
Astérix et Obélix: Au service de sa Majesté 3D (STC) Fri-Sun 11:40-2:15-4:50-7:25-10 Mon 4:50-7:25-10 Tue 11:40-2:15-4:50-7:25-10 Wed-Thu 4:50-7:25-10
The Call (STC) Thu 10
Dead Man Down (STC) Fri-Sun 12:20-2:55-5:30-8:05-10:40 Mon 5:30-8:05-10:40 Tue 12:20-2:55-5:30-8:05-10:40 Wed-Thu 5:30-8:05-10:40
Ernest et Célestine (G) Fri-Sun 11:40-1:45-3:50-5:55 Mon 5:55 Tue 11:40-1:45-3:50-5:55 Wed-Thu 5:55
Escape From Planet Earth (STC) Fri-Sun 1:15-3:30-5:45 Mon 5:45 Tue 1:15-3:30-5:45 Wed-Thu 5:45
Fuyons la planète Terre (STC) Fri 12:50-3:05-5:20-7:35-9:50 Sat-Sun 11:50-12:50-3:05-5:20-7:35-9:50 Mon 5:20-7:35-9:50 Tue 12:50-3:05-5:20-7:35-9:50 Wed 5:20-7:35-9:50 Thu 5:20-7:35
A Good Day to Die Hard (13+) Fri-Thu 8-10:25
Happy Feet (G) Sat 11
Identity Thief (STC) Fri-Sun 12-2:35-5:10-7:45-10:20 Mon 5:10-7:45-10:20 Tue 12-2:35-5:10-7:45-10:20 Wed-Thu 5:10-7:45-10:20
The Incredible Burt Wonderstone (STC) Thu 10
Jack le chasseur de géants 3D (G) Fri-Sun 11:45-2:25-5:05-7:45-10:25 Mon 5:05-7:45-10:25 Tue 11:45-2:25-5:05-7:45-10:25 Wed-Thu 5:05-7:45-10:25
Jack the Giant Slayer 3D (G) Fri-Sun 12:05-2:45-5:25-8:05-10:45 Mon 5:25-8:05-10:45 Tue 12:05-2:45-5:25-8:05-10:45 Wed-Thu 5:25-8:05-10:45
The Last Exorcism Part II (13+) Fri-Thu 8-10:15
La légende de Sarila (G) Fri-Sun 12:35-2:40-4:45-6:50-8:55 Mon 4:45-6:50-8:55 Tue 12:35-2:40-4:45-6:50-8:55 Wed-Thu 4:45-6:50-8:55
The Metropolitan Opera: Les Troyens Encore (STC) Sat 12
Oz le magnifique (STC) Fri-Sun 1:30-4:25 Mon 4:25 Tue 1:30-4:25 Wed-Thu 4:25 Thu 1
Oz le magnifique 3D (STC) Fri-Thu 7:20-10:15
Oz the Great and Powerful (STC) Fri-Sun 1-3:55-6:50-9:45 Mon 6:50-9:45 Tue 1-3:55-6:50-9:45 Wed-Thu 6:50-9:45
Oz the Great and Powerful 3D (STC) Fri-Sun 2-4:55-7:50-10:45 Mon 4:55-7:50-10:45 Tue 2-4:55-7:50-10:45 Wed-Thu 4:55-7:50-10:45
Les Petits Pieds du Bonheur (G) Sat 11
Safe Haven (G) Fri 12-2:40-5:20-8-10:40 Sat 5:20-8-10:40 Sun 12-2:40-5:20-8-10:40 Mon 5:20-8-10:40 Tue 12-2:40-5:20-8-10:40 Wed-Thu 5:20-8-10:40 Star & Strollers Screening Thu 1:30
Les saveurs du palais (G) Fri-Sun 12-2:20-4:40-7-9:20 Mon 4:40-7-9:20 Tue 12-2:20-4:40-7-9:20 Wed-Thu 4:40-7-9:20
Snitch (13+) Fri 11:30-2-4:40-7:20-10 Sat 1:15-7:20-10 Sun 11:30-2-4:40-7:20-10 Mon 4:40-7:20-10 Tue 11:30-2-4:40-7:20-10 Wed-Thu 4:40-7:20-10

Barrhaven

Barrhaven Cinemas
131 Riocan Dr., 613-825-2463

Escape From Planet Earth (PG) Sat-Thu 11:45
Escape From Planet Earth 3D (PG) Fri 7 Sat-Thu 2:05-4:30-7
A Good Day to Die Hard (14A) Fri 7:25-10 Sat-Thu 11:50-2:20-4:50-7:25-10
Happy Feet (PG) Sat 11
Identity Thief (14A) Fri 7:30-10:05 Sat-Wed 11:20-2-4:45-7:30-10:05 Thu 4:45-7:30-10:05 Star & Strollers Screening Thu 1
Jack the Giant Slayer 3D (PG) Fri 7:15-10 Sat-Thu 1:45-4:30-7:15-10
Oz the Great and Powerful (PG) Fri 6:25-9:30 Sat-Thu 12-3:05-6:25-9:30
Oz the Great and Powerful 3D (PG) Fri 7:10-10:15 Sat-Thu 1-4:05-7:10-10:15
Safe Haven (PG) Fri 7:40-10:15 Sat-Wed 11:30-2:10-4:55-7:40-10:15 Thu 4:55-7:40-10:15 Star & Strollers Screening Thu 1
Silver Linings Playbook (14A) Fri-Thu 9:45

Gloucester

SilverCity
2385 City Park Dr., 613-688-8800

21 and Over (14A) Fri-Thu 12:25-2:55-5:30-7:50-10:35
The Call (14A) Thu 10
Dead Man Down (14A) Fri-Thu 2-5-7:50-10:45
Escape From Planet Earth (PG) Fri-Thu 12:55
Escape From Planet Earth 3D (PG) Fri 3:20-5:45 Sat 10:30-3:20-5:45 Sun-Wed 3:20-5:45 Thu 3:20
Funny Face (G) Sun 12:45 Wed 7
A Good Day to Die Hard (14A) Fri-Thu 12:20-2:50-5:25-7:55-10:30
Happy Feet (PG) Sat 11
Identity Thief (14A) Fri-Thu 1:25-4:10-6:55-9:55
The Incredible Burt Wonderstone (STC) Thu 10
Jack the Giant Slayer 3D (PG) Fri 1:10-4:15-7:05-9:50 Sat 10:30-1:10-4:15-7:05-9:50 Sun-Thu 1:10-4:15-7:05-9:50
The Last Exorcism Part II (14A) Fri-Wed 8:10-10:40 Thu 7:30
Life of Pi 3D (PG) Fri-Thu 12:35-3:30-7:20-10:10
Madoka Magica Part 1: Beginnings (STC) Thu 7:30
The Metropolitan Opera: Les Troyens Encore (STC) Sat 12
Oz the Great and Powerful (PG) Fri-Thu 12-3:05-6:40-9:45
Oz the Great and Powerful 3D (PG) Fri-Thu 12:45-3:50-7:10-10:15
Oz the Great and Powerful: An IMAX 3D Experience (PG) Fri 1:30-4:35-7:40-10:45 Sat 10:30-1:30-4:35-7:40-10:45 Sun-Thu 1:30-4:35-7:40-10:45
Pee Wee 3D: The Winter That Changed My Life (PG) Thu 1-7
Safe Haven (PG) Fri 12:05-3:35-7:15-10 Sat 3:35-7:15-10 Sun-Thu 12:05-3:35-7:15-10
Side Effects (14A) Fri-Thu 12:50-3:45-6:50-9:40
Silver Linings Playbook (14A) Fri-Tue 1-3:55-7:30-10:20 Wed 3:55-10:20 Thu 1-3:55-10:20 Star & Strollers Screening Wed 1
Snitch (PG) Fri-Thu 12:40-3:25-7:25-10:05
Warm Bodies (PG) Fri-Tue 12:15-2:45-5:15-7:45-10:15 Wed 5:15-7:45-10:15 Thu 12:15-2:45-5:15-7:35 Star & Strollers Screening Wed 1
Zero Dark Thirty (14A) Fri 12:10-3:40-7-10:25 Sat 12:10-7-10:25 Sun 3:40-7-10:25 Mon-Wed 12:10-3:40-7-10:25 Thu 3:40-10:25

Orleans

Empire Theatres Orleans 6 Cinemas
3752 Innes Rd., 613-830-4400

21 and Over (14A) , Fri 4:30-7:20-10:10 , Sat-Sun 1:20-4:30-7:20-10:10 , Mon-Thu 6:15-8:45
The Call (14A) , Thu 10:15
Dead Man Down (14A) , Fri 4:15-7:10-9:50 , Sat-Sun 1:10-4:15-7:10-9:50 , Mon-Thu 1:30-4:30-7:30-10:10
Escape From Planet Earth (PG) Fri 3:10 Sat-Sun 12:10-3:10 Mon-Thu 1-4
A Good Day to Die Hard (14A) Fri-Sun 9:55 Mon-Thu 8:40
Hotel Transylvania (PG) , Mon-Thu 12:45-3:30
Identity Thief (14A) Fri 4-6:40-9:40 Sat-Sun 1-4-6:40-9:40 Mon-Thu 1:20-4:20-7:20-10:05
The Incredible Burt Wonderstone (STC) , Thu 10
Jack the Giant Slayer (PG) , , Fri 3:15-6:15-9 , , Sat-Sun 12:15-3:15-6:15-9 , Mon-Wed 1:15-4:15-7:10-10 , Thu 1:15-4:15-7:10
Jack the Giant Slayer 3D (PG) , Fri 4:05-6:50-9:45 , Sat-Sun 1:15-4:05-6:50-9:45 Mon-Thu 12:15-3:15-6:30-9:30
The Last Exorcism Part II (14A) , Fri 4:20-7:30 , Sat-Sun 1:30-4:20-7:30 , Mon-Thu 6:10
Oz the Great and Powerful (PG) , , Fri 9:30 , , Sat-Sun 12-9:30 , , Mon-Thu 11:45-9:20
Oz the Great and Powerful 3D (PG) , Fri-Sun 3-6:30 , Mon-Thu 3-6:20 , Fri 3:45-7-10 , Sat-Sun 12:45-3:45-7-10 , Mon-Thu 12:30-3:45-6:50-9:50
Parental Guidance (G) , Mon-Thu 11:30-2:20
Rise of the Guardians (G) , Mon-Thu 2:40
Le réveil des gardiens (G) , Mon-Thu 12
Safe Haven (PG) Fri 3:30-6:20-9:15 Sat-Sun 12:30-3:30-6:20-9:15 Mon-Thu 6-8:50
Silver Linings Playbook (14A) Fri-Sun 6-8:55 Mon-Wed 6:40-9:40 Thu 6:40

Axes, swords and some fine wine: the civilized side of barbarianism

The Vikings.
Katheryn Winnick and Jessalyn Gilsig talk about the softer side of Norse warriors

MATT PRIGGE
scene@metronews.ca

The dominant cultural image of Vikings is simple: bearded oafs drinking from skull cups in between fits of plundering.

"People think they were just barbarians with horns on their heads," says Katheryn Winnick, one of the stars of The Vikings, a new docu-dramatic show that premiered last Sunday on The History Channel. "That's completely wrong. They were civilized, intelligent, sophisticated."

Discoveries into the lives of these Norse warriors have unearthed a more complex, even in some ways flattering, view than the romantic portrait prominent in the public's mind.

The show is the latest from Michael Hirst, known for his way of turning history — via the two Elizabeth films, The Tudors and The Borgias — into highly watchable and oft-sexy trash.

But Hirst's talents run deeper than that, just as his show — which tells of Ragnar Lothbak (Travis Fimmel), a real-life Viking badass — isn't only about straightening records.

The most striking aspect is the meaty role women have on the show, specifically Lagertha (Winnick), wife of Ragnar, and Siggy (Jessalyn Gilsig), the Lady Macbeth to Gabriel Byrne's evil lord. Lagertha, a real-life "shieldmaiden" (i.e., female warrior), spends the earliest episodes, at least, at home as her husband sails on an illegal mission.

Watch The Vikings in action Sundays on The History Channel. HISTORY CHANNEL

But that means organizing the community as her husband would and fending off ne'er-do-wells, even by force. (Winnick has a long history in martial arts, and has had a black belt since the age of 13.)

"What's great about her relationship with Ragnar was that they were partners," Winnick says. "They were teammates. It was true love." For Gilsig, best known as hissable Terri Schuester on Glee, it was a chance to not only play evil again, but play equally evil to her husband.

"This was a team effort," she says of the two characters. "This is a couple that has come to the highest position you can achieve, and now they have to figure out how to keep it. You have to do that by identifying your enemies and any threat you have, and eliminating them. That can make you unethical and calculated, but it's all in the name of survival."

Actors who lean toward villainous roles will tell you that their secret is playing the character as believing they're in the right, and Gilsig agrees. "Your job as an actor is to always make sense to yourself. Even a serial killer makes sense to themselves."

And while Hirst and her Glee boss Ryan Murphy have obvious differences, they too have obvious similarities.

"Neither (Glee nor Vikings) was written by committee. Neither was responding to network expectations. They were absolutely born of the writer," she explains. "When you have shows written by a single writer it's the greatest feeling because there's such a consistency in the voice and the world. You feel like you can get into step with them."

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The Valiant return of Dr. Mirage

Shadowman. The character who debuted in 1993 is back as Dr. Shan Fong

Dr. Shan Fong plays Dr. Mirage, a dedicated and detailed investigator who talks to spirits in a bid to solve human crimes. VALIANT COMICS/THE ASSOCIATED PRESS

The cover of Shadowman No. 5. THE ASSOCIATED PRESS

It's no hallucination: Dr. Mirage has returned to Valiant Entertainment, though the paranormal detective is decidedly different.

Appearing in Shadowman No. 5 — which came out Wednesday — the popular character who debuted in 1993 is presented anew as Dr. Shan Fong, a dedicated and detailed investigator who talks to spirits in a bid to solve human crimes.

"The low key intro is about readers getting to know her," said Shadowman designer and artist Patrick Zircher of Fong's first appearance. "Hopefully they like what they see and there'll be plenty of adventures to come."

Valiant said Tuesday that the contemporary Dr. Mirage is similar to the previous incarnation, a man named Hwen Mirage, whose exploits with wife Carmen Ruiz ran for 18 issues in Second Life of Doctor Mirage — but, added Zircher, her powers are more steeped in Asian mysticism.

"Dr. Mirage's return is part of Valiant's ongoing plan to expand its universe of characters and she's a natural fit for the supernatural and mystic stories taking place in Shadowman," he said of the new issue. It was written by Justin Jordan with art by Zircher, Lee Garbett, Stefano Gaudiano and Roberto Delatorre, and sees Shadowman take on the Lord of Cemeteries.

While she doesn't have a big appearance in the book, yet, Zircher said it's just the beginning.

Dinesh Shamdasani, Valiant's chief creative officer, said Mirage's reintroduction is part of a larger story that involves the entire Valiant universe.

"Since the Summer of Valiant, we've been slowly building towards several key events. You can see the first of these events this April in Harbinger Wars, where Bloodshot and Harbinger collide," he said. "The return of Dr. Mirage is part of that plan — part of setting the stage. Dr. Mirage is a key piece in the future of the Valiant universe and the timing of the return, as well as the manner, is no accident." THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Demi Moore ALL PHOTOS GETTY IMAGES

It's official: Demi and Ashton divorce after months of money talk

Demi Moore is finally filing divorce papers to end her marriage with Ashton Kutcher, according to Page Six.

The news comes 16 months after their initial separation — and three months after Kutcher's own filing. So what was the holdup?

A source claims Moore had been trying to reach a confidential settlement with Kutcher about his income but has given up on the negotiations.

"Ashton made a lot of money after marrying Demi — a lot more than she made — but despite him becoming just as famous through her, he believes he doesn't owe her that much," the source says, adding that Kutcher "has been very difficult during the talks."

Pete Townsend

Potty-mouthed Townsend was in 'rock star mode'

Pete Townsend is looking to make amends after apparently swearing at a seven-year-old girl and her parents during a recent concert in Hamilton, Ont.

Townsend became annoyed after spotting a sign that read, "Smash your guitar, Pete!" being held up by the girl. "Go away with that sign, please. Just go away with it," he scolded her parents. "Don't bring you children (and) use them. I want to tell you two words, but I can't because you've got a child here." He then mouthed the words "f— off" at them. Townsend feels differently now, according to the Toronto Sun. "Apologies and condolences from my side, and very best wishes to you and your family," Townsend wrote in a letter. "I was in rock star mode, the big mouth."

The Word

No marble bathtubs for Swift

THE WORD
Dorothy Robinson
scene@metronews.ca

Poor Taylor Swift has come under a lot of fire this week for recent statements in this month's issues of Vanity Fair and InStyle U.K.

She started a virtual firestorm when she said she didn't appreciate Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes by saying, "You know, Katie Couric is one of my favourite people. She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who don't help other women.'" (Note to Swift: Fey and Poehler are bulletproof; everyone will always take their side for all of eternity. You cannot disparage them to the press, even if you are somewhat right).

She then comes across as rather, well, entitled in the latest issue of InStyle U.K. about the hardships of being one of the most famous women on the planet. "I don't wanna end up being awful and intolerable. Alone. Laying in a marble bathtub by myself, like sad, with a glass of wine just complaining that my life ended up alone because I pushed everyone away because I thought I was too good to hang out with anybody," she says. "The typical Hollywood sad cliché of the poor lonely starlet with no one because she put up all these walls and didn't trust anyone. That's my fear. And that's why I live my life the way I live my life because I'd so much rather feel everything than end up like that."

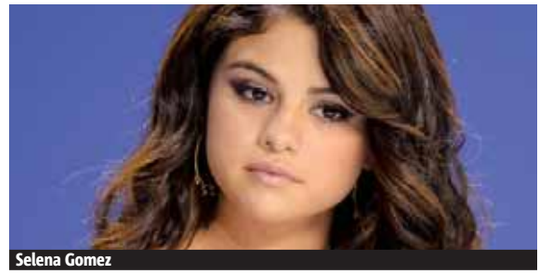
Isn't Taylor Swift so famous because she's transparent and her 23-year-old life isn't presented through the sheen of a publicist's spin? What happens if, tired from all of the recent backlash, she decides to zip it up and become as boring as every other starlet out there? That would be a giant shame.

Jake Gyllenhaal

Gyllenhaal gets spun right round, baby, right round— by a model

Jake Gyllenhaal has a new lady in his life, and he reportedly met her in a spin class.

Gyllenhaal and Sports Illustrated swimsuit model Emily DiDonato have been dating "for a month or two," a source tells Us Weekly. The pair met at New York's Spin-Cycle exercise studio, where Gyllenhaal has been known to work out whenever he's in the city. "He'll hop on the instructor bike," the source says. "He loves the attention from the girls."



Selena Gomez

Life after Bieber: Selena Gomez doesn't date much these days

Selena Gomez admits that she hasn't had that active of a love life since her split from Justin Bieber, and apparently she doesn't get "asked out a lot," she tells Harper's Bazaar.

"And when I actually look presentable, I'm at an awards show. It's not like I've wanted to go out and look for someone. I'm not really good at that."

Gomez admits that life with Bieber was made more stressful because of all the paparazzi attention.

Twitter

@Oprah
If I had only one gift to offer you it would be STILLNESS. Will you accept it?

@IJasonAlexander
Every now&then there is a Hollywood Tour Bus outside my house. But they keep saying, "this is where David Schwimmer lives".

@Mruff221
A lot of folks have been asking about the Next Hulk. The next time you see my Hulk it will be in the Avengers2. No plans for stand alone.

Liquid Assets

Drink outside the glass

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It doesn't matter if you're a novice or an aficionado, falling into a wine rut can happen to the best of us. What I mean is losing that drive to discover new wines and getting trapped in the drudgery of drinking the same old thing.

There's something comforting about knowing what you're going to find in your glass. And the more familiar the liquid, the less stressful the buy.

If you really love wine though, you're going to have to break out and experiment if you're ever going to expand your horizons. And there's no better way than drinking from an unfamiliar country.

While Portugal isn't exactly undiscovered (it's been pumping out the world's best fortified wines for centuries), it has languished in Spain's shadow.

José Maria da Fonseca's 2010 Periquita ($7.95 to $11.99) is a good bottle to help you get acquainted.

This balanced, dark-berried red has Mediterranean flair and a price tag that's easy on the wallet.

Six months aging in oak provides it with more than enough structure to match with your favourite meaty pasta dish. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Forget the oven, this slow-cooker recipe will impress all lasagna lovers. GAV MARTELL OF YUMMYMUMMYCLUB.CA

A slow-cooked cheesy and meaty sensation

Slow-Cooker Lasagna. All the delicious flavour of the Italian fave, none of the oven

GAV MARTELL
YummyMummyClub.ca

I was a bit hesitant the first time I made lasagna in my slow cooker. Would the noodles be too mushy? Would it stand up to the oven-baked lasagna that my family knows and loves?

I'm happy to say that this has now become our go-to lasagna recipe and my kids insist it makes it onto our meal plan each and every week.

1. Heat olive oil in a pot over medium heat. Add fennel, give it a stir then add beef, salt and pepper. Cook until the meat is browned, about 10 minutes. Add tomato sauce and water and bring to a simmer.

2. In another bowl combine the ricotta, parsley, salt and pepper. Set aside.

3. Spread a thin layer of the sauce on the bottom of the slow-cooker. Cover the sauce with a single layer of uncooked lasagna noodles, breaking the noodles as needed to fit. Spread about 1/4 of the ricotta mixture over the noodles. Top with a thin layer of the sauce, then sprinkle with about 1/4 of the mozzarella and Parmigiano-Reggiano.

4. Repeat layering 3 or 4 times. Top with a final layer of noodles, sauce and a sprinkling of mozzarella and Parmigiano-Reggiano.

5. Cover and cook on low until cooked through, about 4 hours. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 1 tbsp olive oil
- 1 pinch fennel seeds, crushed
- 1 lb lean ground beef
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups tomato sauce
- 2 cups water
- 1 lb ricotta cheese
- 2 tbsp chopped fresh parsley
- Kosher salt and pepper, to taste
- 1 box (about 18) lasagna noodles (Do not use no-cook noodles)
- 4 cups mozzarella, grated
- 1/2 cup Parmigiano-Reggiano cheese, finely grated

Slow down to get started

Mornings are hectic for many families. Between getting out the door to school on weekdays and extracurricular activities on weekends, finding the time to cook and eat breakfast can be a challenge.

A national poll of Canadian family breakfast habits recently found that half of Canadian families (49 per cent) spend less than 10 minutes preparing breakfast, while more than half (60 per cent) spend less than 15 minutes eating it.

So, to make your day easier, try this Slow Cooker Peaches 'n' Cream Oatmeal.

1. Lightly grease inside of slow cooker. Add oats, salt, sugar, ginger, juice beverage, milk, water, vanilla and peaches; stir together. Cover and cook on low for 6 hours. If needed, set slow cooker to keep oatmeal warm until ready to enjoy. Spoon into bowls; drizzle with milk if desired.

NEWS CANADA/ MINUTEMAID.CA

Ingredients

- 1 1/3 cups steel-cut oats
- 3/4 tsp salt
- 3 tbsp packed brown sugar
- 1 tsp ground ginger
- 2 cups Minute Maid Chilled Peach Juice Beverage
- 1 cup milk
- 1 cup water
- 1 tbsp vanilla
- 2 cups frozen peaches
- milk or cream (optional)

This recipe serves six. NEWS CANADA

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.

MIX OF SIX
Samantha Everts
ottawa@metronews.ca

Top chefs collaborate

Local foodies will have you salivating over their Instagrammed photos of the six-course dinner being held at Spanish restaurant Navarra tonight. Visiting chef Stephen Vardy, formerly of Beckta and now executive chef at the famous Atlantica in Newfoundland, pairs his talents with acclaimed chef Rene Rodriguez for a boldly-flavoured menu. Friday to Sunday.

From Tibet, with love

Forget the Oscars and experience the ambition and creativity of a new film industry. From the lives of the nomads to the monasteries, learn about the people, culture and land of Tibet at Ottawa's first Tibetan film festival being held this weekend at the Saint Paul Amphitheatre. Shorts, documentary and feature-length films will be screened. Friday and Saturday. ottawatibetfilmfestival.com.

Spandex isn't mandatory

You don't need to be Russell Brand in spandex belting out an '80s ballad to appreciate the smash hit Broadway musical this weekend at the National Arts Centre. The family-friendly musical features music from Styx, Journey, Pat Benatar and more that will have you dancing in your seats. Matinees on Saturday and Sunday. Friday to Sunday. nac-cna.ca/broadway.

The Wilderness of Manitoba

Channelling Joni Mitchell and Fleetfoxes simultaneously, with intricate harmonies and folk rock, Toronto band The Wilderness of Manitoba performs this Saturday at Raw Sugar with local instrumental act Flying Horses opening. Catch them before they're headed down to Texas music festival SXSW with their new album Island Of Echoes. Saturday. thewildernessofmanitoba.com.

Ottawa Gold Expo

If you're getting eager to hit the green, take a few swings toward the Ottawa EY Centre. All under one massive roof, check out the hottest new golf gear, snag a great deal on new clubs or trendy clothes and maybe even shop for a tee-filled getaway with one of their travel agent booths. Saturday to Sunday. ottawa.golfexpos.ca.

The Flaps Album release

Kelp Records presents the long-awaited third album from Ottawa's The Flaps, a group that captures the late '60s early '70s rock and roll sound. The longtime instrumental powerhouse makes music perfect for B-movies and will be playing the Glue Pot Pub where label mates the Hilotrons and Remi Royale open. Saturday. kelprecords.com.

TAKE THE LONG,

LONG, long, Long, LONG WAY HOME

2013 RAV4
AWD Limited

Introducing the all-new, redesigned 2013 RAV4. With a new dynamic All-Wheel Drive system that enhances both traction and handling on various road surfaces, you can enjoy a fun drive wherever you want to go. RAV4 – it's built for how you live your life. And how you play.

RAV4 Starting from $23,790†

TOYOTA

toyota.ca

†Model shown is a 2013 RAV4 AWD Limited with an MSRP starting from $31,700. MSRPs do not include freight and PDI ($1,690), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.

SIMPLE WAYS TO BURN CALORIES

You don't need fancy fitness clubs or expensive exercise programs to torch those calories, and it doesn't have to be complicated. Try some of these quick and easy ways to knock off extra calories.

If you're a walker, add in some sprinting. Short spurts of sprinting will wake up your walking workout, increase your calories burned by 100 or more – and get you finished faster! Set short goals for yourself – to the tree in the distance, to the next hydro pole, to the end of the intersection. Then increase intervals as your fitness improves.

Skipping is a fun way to shed calories – 100 calories or more for every 10 minutes you can skip. It's also a great way to keep your heart, lungs and bones strong. It's a pretty intense workout, so combine skipping with intervals of marching or twisting on the spot.

Trouble with your knees or suffering from sore feet? There are forms of exercise suitable for anyone. For most people with chronic problems like these, swimming is the best choice. Even if you don't know how to swim, walking in the pool is easy on the joints – the more you're submerged, the better the workout, so try and walk in water that's shoulder depth.

No time for a workout? You can still knock off some calories with daily activities. Skip the elevator and hike up the stairs at work. Keep your walking brisk – anytime you're walking, move as quickly as possible. Walk to the store and carry your groceries home instead of driving. Cut the grass or wash and vacuum floors – household chores are great calorie burners! Even laughing is a great way to knock off those calories – about 10 calories for every minute you laugh during the day.

Be mindful of how much time you spend sitting. Try and stay active even during times you might normally sit – walk while you talk on the phone, get up and move frequently while you're working at your desk, cut back on the number of hours you watch television and fill the time with active pursuits like walking the dog.

A BALL OF FUN AND FITNESS

Exercise balls – also called stability balls – are amazing fitness tools, and lots of fun to use, too. They're inexpensive and don't take up much space in your house or office.

Start by replacing the chair at your desk for periods of time each day with your exercise ball. Note: make sure you get the right size ball for your height. You should be able to sit with your feet flat and your knees at a 90-degree angle.

Unlike the name would suggest, when you sit on the ball, it's the instability that drives you into proper spinal posture, as that's the easiest position for staying balanced on the ball. Ultimately, this creates stronger core (back and abdominal) muscles and decreases back discomfort. And you can up the fun and fitness factor with a little bouncing around every now and then!

The unsteadiness of the ball adds more challenge to regular exercises too. To work your abs, lay on your back on the ball and do some sit-ups straight up and some twisting from side to side as you lift. Up your game and try this version: lay flat on the floor with the ball in your arms behind your head. As you sit, lift the arms and the legs and transfer the ball, placing it between your ankles; lay back down with the ball between your ankles, then repeat and transfer the ball back to your hands.

For arms, do push-ups resting your shins on the ball and placing your hands on the floor. Or try this one: sit on the ball with legs wide and feet flat and well forward. Place your palms on the ball behind and beside your hips; roll the ball forward until your arms are supporting your weight, then roll back.

Most fitness buffs want to add some cardio to their workout. On the ball, you can sit while you jog out your legs, lifting one knee at a time. Also try sitting jacks (jumping jack movements while you sit on the ball) and twisting (move arms to one side and legs to the other, then switch sides, while you bounce sitting on the ball). The beauty of this workout is the core work you get while your heart is pumping – and you're burning calories.

As always, make sure you finish up your workout with some stretching. Stand up holding the ball and tipping to each side for a great upper-body stretch. Lay on the ball on your stomach, touching the hands and feet to the floor; repeat on your back. Both positions are great stretches for core muscles. Sitting on the ball, place the outside ankle of one foot on the thigh of the opposite leg, then drop the upper body forward to stretch the hip. Sit on the floor and place heels on the ball as you lean forward to stretch the backs of the legs.

There are loads of other great ideas online to keep you "ball fit" – so grab a ball and give it a go!

Exercise balls are quite inexpensive to buy and range from about $10 to $20. They are available in a variety of colours from silver to hot pink and generally, can support someone up to 135 kg. Check out your local department store or fitness shop, or try the fitness equipment section of classified ads for a gently used exercise ball.

GET FIT ANYTIME, OR ANYWHERE

Most of us try and squeeze in exercise whenever we can. Whether it's early in the morning, during your lunch hour, right after work or later in the evening, here are some tips to help you get the most out of your workout.

Perhaps the easiest time of day to exercise is early morning, when most people feel energetic and alert. If getting up that extra hour early to exercise seems daunting, turn off the television and go to bed early enough to ensure you're getting eight hours of sleep with time to fit in exercise before work.

Next, find a workout that suits early-morning fitness. You may not feel like heading off to the gym, but heading out for a quick run while you listen to some favourite tunes , working out to your favourite exercise DVDs or stretching out with some yoga sun salutations might be just the right thing – simple, yet effective.

Enlist a friend or family member to join you for motivation. It's so much easier to get up and out in the morning with someone else who needs an exercise mate.

Finally, eat a good breakfast after you're done. Knowing there's a delicious, wholesome meal at the end of your workout will help keep you motivated – and get your day off to a healthy, nutritious start.

But what if you just can't pull it together in the morning? Then turn lunch time into power hour! If you're not close to gym, lunch hour is a great time to do a little walking, running, biking, inline or ice skating. Dial up the intensity so you can get a good workout in a shorter period of time.

They key to lunchtime fitness is organization. On workout days, be ready with everything you need: workout clothes, toiletries, a towel (if you plan to shower) and a lunch to eat at your desk after you're done (not before your workout). Have a lunch that's lower fat and easy to digest, and include a couple of nutritious snacks to eat late morning and mid-afternoon. Be sure to replenish your fluids by having water at your desk throughout the day.

Even if the day is over and dinner is behind you, you can fit in a workout. You may still have time to run to the gym (you can be sure the gym will be quiet at night!) or head out for a jog, but if the hour is late, there are plenty of ways to get fit at home. The easiest is to pop in a DVD, but noise might be a factor; if that's the case, keep it quiet and lower intensity – grab your earbuds and listen to some favourite tunes while you do some push-ups, sit-ups, planks, lunges and leg lifts. Use some hand weights if you have a pair on hand. And if you just don't feel like you've exercised without some cardio, run up and down the stairs or jog on the spot.

Maybe you want your evening workout to be calming and relaxing, in which case, consider yoga or Pilates – the strength and flexibility benefits are essential to a good fitness regimen. Regardless of which routine you choose for an evening workout, know that research suggests that exercising at night shouldn't interfere with your sleep. If you feel invigorated, just soak in a nice warm bath and have a hot cup of herbal tea or warm milk before heading off to bed.

So when is the BEST time to work out? The American Council on Exercise recommends that you should exercise whenever it feels best for you. Fitting exercise into your day at any time that works is the important thing.

FIVE FUN WORKOUTS TO TRY

Having trouble sticking to an exercise program? Shake up your routine and get fit with one of these trendy new workouts.

Dance workouts: Get lean and strong with a blast of cardio, dance style. From Zumba and belly dancing, to Bollywood and ballroom, dancing is a high-energy, heart-healthy way to burn calories.

Swing yoga: Hang from a silk parachute swing suspended from the ceiling. Then flip completely upside down and let the swing support you as you do a handstand. It's a great way to promote flexibility, mobility, circulation and relieve tension.

Boot camp: Sound scary?These gruelling workouts are hot, hot, hot when it comes to scorching calories and it's the ultimate when it comes to a good sweat, making it one of the most popular workouts out there.

Body weight training: No equipment needed, just the weight of your own body. It's back-to-basics resistance training like push-ups, sit-ups, planks, squats and pull-ups. A great way to get fit – and it's free!

Combo workouts: Yogalates (yoga + Pilates), Piloxing (Pilates + boxing), CycleAbs (cycling + abdominal exercises) and more – get efficient about exercise with programs that mix the benefits of your favourite workouts.

YOU JUST STICK THE BAR IN YOUR DRYER AND FORGET ABOUT IT
TO HELP YOU FORGET WE CAMOUFLAGED OUR ANTICS IN THE BEST ARTICLES
SEE WHAT YOU'VE FORGOTTEN AT BOUNCEFRESH.CA

4 SPORTS

NHL

NHLPA agrees to realignment, board still must OK

It looks like the NHL is getting a new look.

Agreement on a realignment plan was announced in a pair of short statements from the NHL Players' Association and the league on Thursday.

The NHLPA said it has agreed to realignment next season, to be re-evaluated following the 2014-15 season.

The league confirmed the move, saying the next step is to take the plan to the league's board of governors.

Neither side revealed the plan but it is widely believed to have two conferences, each with two divisions.

Detroit shifts to the East and Winnipeg moves to the West.

The Eastern Conference would look like this:

Atlantic Division: Carolina, Columbus, New Jersey, New York Islanders, New York Rangers, Philadelphia, Pittsburgh, Washington.

Central Division: Boston, Buffalo, Detroit, Florida, Montreal, Ottawa, Tampa Bay, Toronto.

The Western Conference would shape up this way:

Midwest Division: Chicago, Colorado, Dallas, Minnesota, Nashville, St. Louis, Winnipeg.

Pacific Division: Anaheim, Calgary, Edmonton, Los Angeles, Phoenix, San Jose, Vancouver.

That means 16 teams in the East and 14 in the West.

The top three teams from each division would advance to the playoffs along with the next two teams in the conference with the most points.

THE CANADIAN PRESS

Blue Jays catcher J.P. Arencibia and pitcher R.A. Dickey will suit up for Team USA at the World Baseball Classic starting this weekend. NATHAN DENETTE/THE CANADIAN PRESS

Dickey looking for redemption at WBC

Baseball. Blue Jays knuckleballer suffered disappointment with United States at Olympics 17 years ago

Many big-name pitchers found reason to say no to the World Baseball Classic. R.A. Dickey was an automatic yes.

The knuckleball master, winner of the NL Cy Young Award with the New York Mets last season now plying his unorthodox trade with Toronto, made it known before anyone asked him that he wished to play.

Now he will start for the United States in its WBC opener Friday night against Mexico, something he calls "one of the greater privileges of my athletic career."

At 38, Dickey is the oldest player on the U.S. roster. As such, he remembers being a part of the U.S. team at the 1996 Olympics and wants to atone for the disappointment of that bronze medal of 17 years ago.

"So this is a chance to redeem that in a lot of ways," he said. "So I was proactive in wanting to be a part of this team. When I thought it was a possibility, I texted Tony Clark (of the MLB Players Association) and said, 'If there's a spot and Joe wants me, I would love to do it.'"

Needless to say, manager Joe Torre wanted him.

Dickey is one of three starting pitchers on the 28-man U.S. roster competing in Group D in Arizona and by far the biggest name. San Francisco's Ryan Vogelsong will start Saturday night against Italy, with Texas' Derek Holland going against Canada on Sunday.

Following round-robin play, the top two teams advance to the second round next week in Florida.

Under WBC rules, to keep pitchers on their normal spring training regimen, starters are limited to 65 pitches in the first round. With his knuckleball already in top form, Dickey figures that will be enough to make an impact against Mexico. THE ASSOCIATED PRESS

Lawrie lost to Canada

Brett Lawrie has been forced off Canada's roster with a rib strain one day before the teams' first game at the World Baseball Classic.

- The Toronto Blue Jays third baseman, who felt discomfort in his left side during an exhibition game against the Cincinnati Reds on Wednesday, said he was disappointed but felt it was more important to keep healthy with the major-league season quickly approaching. THE CANADIAN PRESS

NHL. Pronger still hopes to return from concussion

Chris Pronger isn't ready to retire, even though a concussion specialist has advised him not to return to hockey.

The former NHL MVP has not played for the Flyers since Nov. 19, 2011, and still suffers from lingering effects of multiple concussions. He says Thursday he's simply trying to get healthy and live a normal life, but he wouldn't rule out attempting a return if physically possible. THE ASSOCIATED PRESS

Quoted

"It will be difficult, but the good things in life are never easy."

Chris Pronger on returning to the NHL after multiple concussions.

Brier

Ontario's Howard tested by Gushue

Ontario finally had to sweat for a win at the Canadian men's curling championship.

After mowing through the Tim Hortons Brier field, Glenn Howard's team held off a tenacious Brad Gushue of Newfoundland and Labrador 6-5 on Thursday. The afternoon win improved the defending champion's record to 8-0.

THE CANADIAN PRESS

MLB. Yanks' Rivera will close out career after 2013

The great Mariano Rivera is getting set to close his career.

The New York Yankees reliever plans to announce this weekend that he will retire after the 2013 season, a person familiar with the decision told The Associated Press on Thursday.

The person spoke to the AP on condition of anonymity because there was no official statement. A news conference was called for Saturday at the Yankees' spring training complex in Tampa, Fla. THE ASSOCIATED PRESS

Mariano Rivera
THE ASSOCIATED PRESS FILE

Skicross. Crash victim's family threatens to sue skiing's governing bodies

Deadline

The family has pledged to take legal action on June 16 if skiing's governing bodies have not yet agreed to undertake their own investigations.

Legal action following the fatal crash of Canadian skicross racer Nik Zoricic at a World Cup in Switzerland is likely to be made clearer in June.

Angered by a Swiss police file calling Zoricic's death an accident, Zoricic's family threatened at a news conference in Toronto on Wednesday to sue skiing's governing bodies if they don't act by a June 15 deadline.

Meanwhile, prosecutors in Switzerland aim to complete investigations — and bring possible criminal charges — within months.

"The investigation is now in its closing phase and it should be possible to conclude it by about the middle of this year," Bern canton prosecutor's office spokesman Christof Scheurer wrote in an email reply to The Associated Press.

"So long as no further questions arise that would make it necessary to bring in an expert and would delay the conclusion of the proceedings," wrote Scheurer, adding there was "no reason" yet to address criticism from Canada.

Zoricic sustained fatal head injuries when he landed into safety nets and hard-packed snow on flying wide off a final jump at Grindelwald last March 10.

Prosecutors have received a report from Bern police that declined to blame local race organizers or the International Ski Federation (FIS), which sanctions the skicross World Cup series.

"This is a tragic case of sporting accident with fatal outcome," stated the report, which was circulated by the Zoricic family lawyers on Wednesday. THE ASSOCIATED PRESS

Fans make case for Stompin' Tom in HHOF

Passing of a legend. The Hockey Song has earned anthem status

The Hockey Hall of Fame has a little bit of everything under its roof, from classic photos to vintage uniforms to old sticks and goalie masks.

Could there one day be room for a Stompin' Tom plaque, maybe a wooden stomping board or perhaps some lyric sheets to The Hockey Song?

It's possible.

Stompin' Tom Connors was on the minds of visitors to the hockey shrine Thursday, one day after word that the Canadian music legend had died at 77. Many fans said they would support his posthumous induction in the hall's builder category, given that Connors created one of the country's most popular hockey anthems.

"Absolutely, he's a legend," said Barbara Bilko, a women's hockey coach who visited the hall on Thursday.

One of her players, Kaylee Chanakos of the University of British Columbia, echoed her sentiments.

"The song is just everything for the game," she said.

It would not be difficult to get Connors on the initial list for consideration. The hall accepts public submissions and the deadline is March 15. THE CANADIAN PRESS

Facebook

At least one group on Facebook is pushing to have Connors inducted, though the closed group has just over two dozen members. However, it would only take one submission to get things rolling.

Many fans at the Hockey Hall of Fame on Thursday said they would support Stompin' Tom Connors' posthumous induction in the hall's builder category. THE CANADIAN PRESS FILE

PGA

Woods grabs share of the lead, McIlroy struggles

Tiger Woods was on his game, and so were most of the world best golfers Thursday in the Cadillac Championship.

Except for the world's No. 1 player.

Woods made nine birdies on the Blue Monster at Doral for a 6-under 66 that put him in a five-way share of the lead with Masters champion Bubba Watson, former U.S. Open champion Graeme McDowell, Sergio Garcia and Freddie Jacobson.

This World Golf Championship lived up to its name with Phil Mickelson, Steve Stricker and Hunter Mahan among those one shot behind.

But it was another rough day for Rory McIlroy.

He hit only three fairways and made six bogeys that kept him at par or worse on a perfect day for scoring. Despite making a 15-foot eagle putt on the par-5 first hole, and lacing a 5-iron over the water for another eagle attempt on the par-5 eighth that narrowly missed, he could only manage a 73. THE ASSOCIATED PRESS

UFC. Welterweight title match all about respect

Before stripping down to fight in a cage, how about slugging it out over the phone?

That's what UFC welterweight champion Georges St-Pierre and challenger Nick Diaz did Thursday, clashing on a media conference call ahead of their main-event matchup at UFC 158 in Montreal on March 16.

It was an entertaining if sometimes confusing war of words as the stylish champion from Montreal jousted with the snarly California fighter with a giant-sized chip on his shoulder.

It started with Diaz lamenting the lack of respect he gets, in part due to the way the UFC is promoting this fight.

"I like to be known as someone who kept it real," he said. "I just don't like that I'm made out to be this evil person that needs to be shot down.... If anything I'm like the superhero coming in with the anti-bull."

He told the story of being at a stop light on home turf in Lodi, Calif., when "some soccer mom sticks her head out the window and she's like 'I hope GSP beats your ass.'

"I'm living in a small town full of people that hate me," he added.

The 31-year-old St-Pierre (23-2) is anything but a trash-talker. But the UFC has built this fight up as the champion looking to teach some respect to the brash challenger. THE CANADIAN PRESS

Welterweight UFC Champion Georges St-Pierre, left, and Nick Diaz flex their muscles during a news conference on Jan. 23 in Montreal. GSP and Diaz face off next week at UFC 158 in Montreal. THE CANADIAN PRESS FILE

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	45	14	.763	—
New York	37	21	.638	7½
Indiana	38	23	.623	8
Brooklyn	35	26	.574	11
Atlanta	34	26	.567	11½
Chicago	34	27	.557	12
Boston	33	27	.550	12½
Milwaukee	30	29	.508	15
Toronto	**24**	**38**	**.387**	**22½**
Philadelphia	23	37	.383	22½
Detroit	23	40	.365	24
Cleveland	21	40	.344	25
Washington	19	40	.322	26
Orlando	17	45	.274	29½
Charlotte	13	48	.213	33

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	48	14	.774	—
Oklahoma City	44	16	.733	3
L.A. Clippers	44	19	.698	4½
Memphis	40	19	.678	6½
Denver	40	22	.645	8
Golden State	35	27	.565	13
Houston	33	29	.532	15
Utah	32	29	.525	15½
L.A. Lakers	31	31	.500	17
Portland	28	32	.467	19
Dallas	27	33	.450	20
Minnesota	21	37	.362	25
Phoenix	21	40	.344	26½
New Orleans	21	41	.339	27
Sacramento	21	42	.333	27½

Note: division leaders ranked in top three positions regardless of winning percentage.

THURSDAY'S RESULTS

Oklahoma City at New York

L.A. Clippers at Denver

FRIDAY'S GAMES — All Times Eastern

Oklahoma City at Charlotte, 7 p.m.

Indiana at Orlando, 7 p.m.

Memphis at Cleveland, 7:30 p.m.

Dallas at Detroit, 7:30 p.m.

Washington at Brooklyn, 7:30 p.m.

Utah at Chicago, 8 p.m.

Atlanta at Boston, 8 p.m.

Philadelphia at Miami, 8 p.m.

Portland at San Antonio, 8:30 p.m.

Phoenix at Sacramento, 10 p.m.

Toronto at L.A. Lakers, 10:30 p.m.

Houston at Golden State, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	23	15	8	0	81	67	30
New Jersey	23	10	8	5	56	65	25
NY Rangers	21	11	8	2	55	53	24
Philadelphia	24	11	12	1	68	72	23
NY Islanders	23	10	11	2	70	78	22

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	23	14	5	4	71	59	32
Boston	20	14	3	3	60	46	31
Toronto	24	15	9	0	73	61	30
Ottawa	24	12	8	4	56	49	28
Buffalo	24	9	13	2	63	77	20

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	22	13	8	1	67	62	27
Winnipeg	22	10	11	1	56	68	21
Tampa Bay	23	10	12	1	81	73	21
Washington	21	9	11	1	59	62	19
Florida	23	7	11	5	59	83	19

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	24	21	0	3	78	46	45
Detroit	23	11	8	4	63	60	26
St. Louis	22	11	9	2	64	67	24
Nashville	23	9	9	5	47	59	23
Columbus	23	7	12	4	53	69	18

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	22	11	6	5	63	61	27
Minnesota	22	11	9	2	52	56	24
Calgary	21	9	8	4	61	69	22
Edmonton	22	8	9	5	54	62	21
Colorado	22	8	10	4	53	65	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	16	3	3	77	60	35
Los Angeles	21	12	7	2	60	52	26
San Jose	22	11	7	4	51	50	26
Phoenix	23	11	9	3	67	65	25
Dallas	22	11	9	2	61	63	24

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

THURSDAY'S RESULTS

Buffalo at New Jersey

Montreal at Carolina

Vancouver at Columbus

Pittsburgh at Philadelphia

NY Rangers at NY Islanders

Toronto at Boston

Florida at Washington

Edmonton at Detroit

Winnipeg at Tampa Bay

St. Louis at Phoenix

Dallas at Los Angeles

WEDNESDAY'S RESULTS

Toronto 5 Ottawa 4

Chicago 3 Colorado 2

Calgary 4 San Jose 1

Anaheim 2 Phoenix 0

FRIDAY'S GAMES — All Times Eastern

Ottawa at NY Rangers, 7 p.m.

Winnipeg at Florida, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Chicago at Colorado, 9 p.m.

Calgary at Anaheim, 10 p.m.

SATURDAY'S GAMES

Washington at NY Islanders, 1 p.m.

Philadelphia at Boston, 1 p.m.

Detroit at Columbus, 2 p.m.

St. Louis at San Jose, 4 p.m.

Pittsburgh at Toronto, 7 p.m.

Montreal at Tampa Bay, 7 p.m.

New Jersey at Carolina, 7 p.m.

Minnesota at Nashville, 8 p.m.

Dallas at Phoenix, 8 p.m.

Calgary at Los Angeles, 10 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Columbus	1	0	0	3	0	3
Kansas City	1	0	0	3	1	3
Houston	1	0	0	2	0	3
Montreal	1	0	0	1	0	3
New York	0	0	1	3	3	1
Philadelphia	0	1	0	1	3	0
New England	0	0	0	0	0	0
Toronto FC	0	1	0	0	1	0
D.C.	0	1	0	0	2	0
Chicago	0	1	0	0	4	0

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Los Angeles	1	0	0	4	0	3
Real Salt Lake	1	0	0	2	0	3
FC Dallas	1	0	0	1	0	3
Vancouver	1	0	0	1	0	3
Portland	0	0	1	3	3	1
Seattle	0	1	0	0	1	0
Colorado	0	1	0	0	1	0
San Jose	0	1	0	0	2	0
Chivas USA	0	1	0	0	3	0

SATURDAY'S GAMES — All Times Eastern

Kansas City at Toronto FC, 1:30 p.m.

Philadelphia at Colorado, 6 p.m.

Real Salt Lake at D.C., 7 p.m.

Columbus at Vancouver, 7:30 p.m.

New England at Chicago, 7:30 p.m.

Montreal at Portland, 10:30 p.m.

SUNDAY'S GAMES

FC Dallas at Chivas USA, 5 p.m.

New York at San Jose, 10 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
It's not wrong to be ambitious. If someone tries to stop you from following the path that is right for you, come out fighting. It's your future.

♉ Taurus
April 21 - May 21
What would you do if you knew that success was inevitable? Whatever it is, the planets indicate that it's closer than you think. It will get closer still if you have the courage to reach for it.

♊ Gemini
May 22 - June 21
A positive attitude is a must today, especially if you are the kind of Gemini who has a tendency to worry for no good reason. Even if you encounter opposition, you have what it takes to win — and win well.

♋ Cancer
June 22 - July 23
You need to be honest about your feelings. You need to open up and let loved ones know why you feel a little down. After that, you need to wise up and realize that your "troubles" are quite minor.

♌ Leo
July 24 - Aug. 23
Someone who says they are your friend is, in reality, trying to undermine you. You may not yet have enough evidence to confront them but you must trust your intuition and keep them at arm's length.

♍ Virgo
Aug. 24 - Sept. 23
You will have to change your opinion about someone today after finding out you were completely wrong about what they are up to. And if you spoke up about your doubts you may have to apologize.

♎ Libra
Sept. 24 - Oct. 23
You are far too nice to turn your back on a friend in need. Just make sure they realize that once you have helped them get back on their feet, the rest is up to them. Don't let them become dependent on you.

♏ Scorpio
Oct. 24 - Nov. 22
Some tough decisions will have to be made over the next few days, but you know if you leave it much longer it could make matters worse. Call on your Pluto power to give you the strength you will need.

♐ Sagittarius
Nov. 23 - Dec. 21
There is a chance something you have grown used to will go out of your life, either today or over the weekend. There is no point making a fuss about it. Make peace and move on.

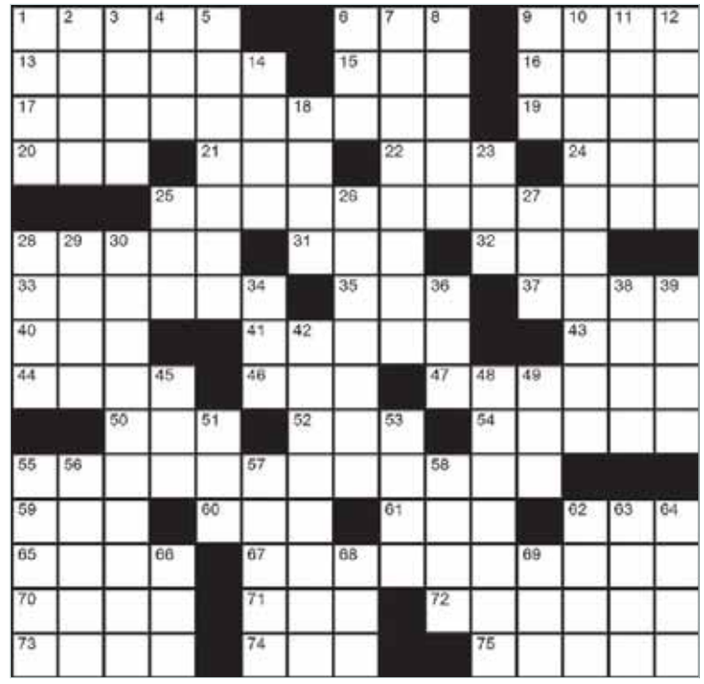
♑ Capricorn
Dec. 22 - Jan. 20
You need to have a clear idea of what it is you most want to accomplish, because only then are you likely to make progress. Once you know where you need to go, no power on earth can stop you.

♒ Aquarius
Jan. 21 - Feb. 19
You may have every reason to get angry with someone today but it could rebound on you in unexpected ways. Both Saturn and Pluto urge you to calm down and see the bigger picture. Strive for moderation.

♓ Pisces
Feb. 20 - March 20
You have so much energy but what are you going to do with? Whatever it is, make it something that will stay with you long-term. A new creative project of some kind would be good. SALLY BROMPTON

Crossword: Canada Across and Down

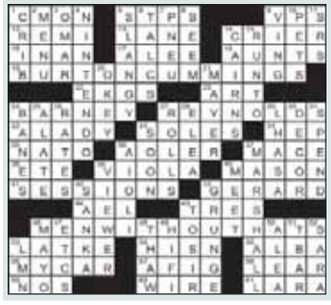
BY KELLY ANN BUCHANAN



Across
1. Acknowledge
6. Suppositions
9. "Fly __ Home" (1996)
13. TV brothers Frasier and Niles
15. "Bravo!"
16. Roller coaster cry!
17. CBC's "__ __ Report"
19. Mona __ (Painting)
20. Mil.'s special __
21. Before
22. JT's "Suit & __"
24. Target-shooting event, French style
25. Relic's classic Canadian series, "The __"
28. Fermented rice drinks
31. Homer Simpson's sound!
32. Music syllable [var. sp.]
33. Make
35. Mr. Brooks
37. All two
40. One-eighty turn, in slang
41. Gawk
43. Charlotte of "The Facts of Life"
44. Zap with a stun gun
46. Farm animal
47. Chooses to partake: 2 wds.
50. Bit
52. Masc. opposite
54. Movie†projector attachments
55. Canadian landscape painters, famously: 3 wds.
59. "1-2-3": 1965 hit for __ Barry
60. Org. in "Michael Columbo" et al.
61. Shakespearean word
62. Mr. Vigoda
65. "_ __ Around" by The Beach Boys
67. "Snowbird" songbird: 2 wds.
70. Gladiator's 165
71. Muscle: Prefix
72. Hockey's Conn __ Trophy
73. Idol alum
74. Halifax hrs.
75. Wests opposites

Down
1. Prefix to 'phobia' (Fear of heights)
2. Leaky faucet sound
3. Big __ (McDonald's burgers)
4. Pen's content
5. Fantastical play by Shakespeare, The __
6. Winter/Summer games org.
7. The Bounty mutineer, __ Christian
8. Prefix to 'comedy' (Comedic drama)
9. Hole-punching tool
10. Yukon capital
11. Pantheon of Norse gods
12. "The Wonder __"
14. What will be, will be... when doubled, it follows Que
18. Got, as a parcel [abbr.]
23. Bad __ (German spa resort)
25. Actress Ms. Arthur, for short
26. Tributes
27. Mr. Dylan
28. Rabbit-style tail
29. Region
30. __ _ _ pipeline (News-making project)
34. Paranormal power, briefly
36. Writer Mr. Tolstoy
38. Kite part
39. Barn birds
42. "Breakfast at __" (1961)
45. __ de cologne
48. Suppose
49. X
51. Printer resolution meas.
53. Give out
55. Martin Short character, Jiminy __
56. Ruler: French
57. 'Pan' add-on (Scene)
58. Vitalities
62. __ & Sciences
63. Thailand currency
64. Views
66. Tellies
68. Negative word
69. Scandinavian rug

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	4	8	7	2	3	9	1	6
3	6	9	1	4	5	7	8	2
7	2	1	9	6	8	3	4	5
2	9	5	3	1	4	6	7	8
4	1	7	6	8	9	5	2	3
6	8	3	2	5	7	1	9	4
9	5	2	4	7	6	8	3	1
1	3	6	8	9	2	4	5	7
8	7	4	5	3	1	2	6	9

Today's Sudoku

1		3				9		7
	4		6		7		8	
7								6
		1	4		6	3		
	7						6	
		2	5		9	1		
9								3
	1		8		2		9	
2		7				4		8

Today
3°/-6°
Partly cloudy
Saturday
5°/-1°
Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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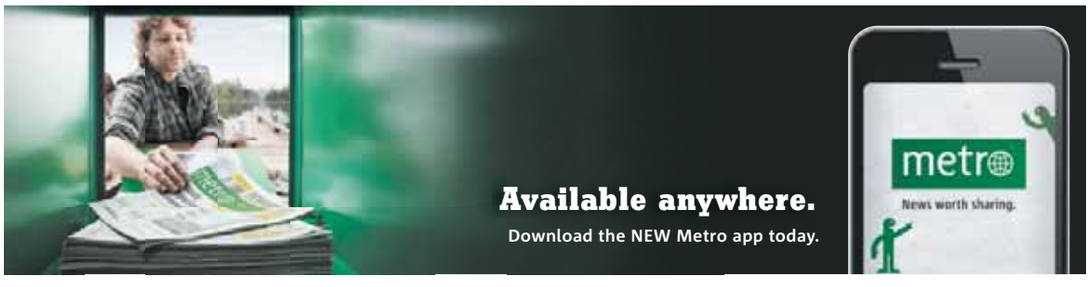

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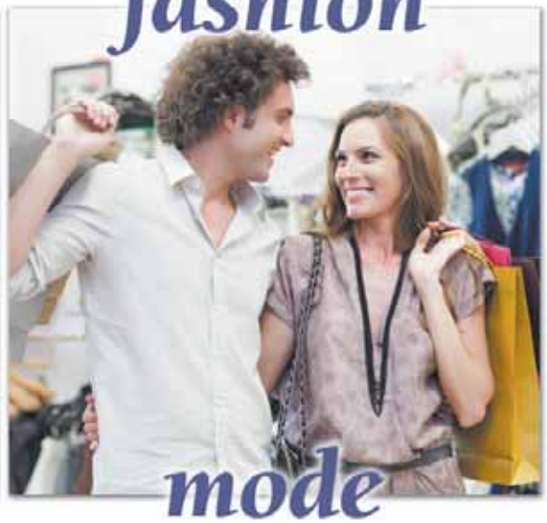
BENTONS

HOLT RENFREW

BOUTIQUE ELISA G.



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